

Pork & Apple Casserole

(serves around 6 people)

Autumn is the perfect time to use apples in cooking, combine with vegetables and pork to make this hearty casserole. Serve with mashed or baked potatoes.

Ingredients

* 2 tablespoons of oil
* 500g diced pork
* Mixed vegetables eg celery\*/onion/swede cut into 1cm cubes
* Optional: 200g mushrooms- halved
* 1 stock cube\*
* 800ml boiling water
* 2 tablespoons of cornflour\*
* 1 large cooking apple- peeled and thickly sliced
* Salt and pepper

Method

1. Pre-heat the oven to 200°C/180°C fan/gas 6.
2. Heat 1 tablespoon of the oil in an ovenproof container and fry the pork until browned all over. Remove and set on a plate for later.
3. Add the rest of the oil to the pan and fry the prepared vegetables until lightly browned.
4. Place the stock cube and the cornflour in a jug and add a little cold water to form a paste. Gradually stir in the boling water until combined with no lumps.
5. Return the pork to the pot with the vegetables, add the stock/cornflour liquid, salt and pepper and stir well. Add the apple slices.
6. Place in the preheated oven for about 1 hour 15 minutes.
7. Serve with mashed or baked potatoes.

\* Can contain or is one of the 14 common allergens