



About our meal ideas:

Our lean pork recipes are not only fun and delicious, they are also really easy to make and use everyday kitchen staples.

Added to that, using lean pork means that the whole family can relax and enjoy a guilt-free treat without sacrificing the nutrients! You can make the meals healthier still by adding 'pick & mix' accompaniments such as salad, carrot sticks or corn on the cob.

Lean pork is only 4% fat and packed with vitamins B1 and B12, which are great for a vitality boost. So, all in all, these meals are a great alternative to the Friday night take away.

For further information and recipe ideas visit www.meatmatters.com or call us on 01908 609 821

When buying pork, bacon, sausages or ham always look out for meat carrying the Quality Standard Mark to ensure you're using ingredients produced to very high standards of welfare, quality control and traceability.



Getting the whole family to muck-in with preparing food that's fun to share means you can get that Friday feeling any time the mood takes you...



cooking while you relax in front of your favourite soap...
rest of the family to take care of the Porkizza are such a breeze to put together that you might just persuade the One of the things our Mums liked most about take-aways was that someone else cooked them! Chilli Pork Nachos, Tortilla Wraps, Chinese Sticky Ribs and However, takeaways can be a bit pricey for more than the occasional treat, which is where Quality Standard Pork comes in with some great suggestions for easy-to-assemble meals the whole family will love.
they eat is a great way to banish the usual supper-time stresses. We asked lots of busy Mums and they told us that the Friday night take-away, where everyone gets to choose their own meal, then chats and chills-out while Feeding the family can be a stressful business, but there is light at the end of the tunnel.

How can you get 'That Friday Feeling' on any day of the week?



Location and model photography David Leahy Food photography Steve Lee Stylist Jo Harris Home economist Claire Greensted

Rosahind and Claire
As a busy Mum, part-time student and family breadwinner, Rosahind particularly values the time that she and Claire can snuggle up on the sofa and enjoy a relaxing, fun mealtime. "Claire loved helping to make the Porkizza" says Rosahind. It's amazing how many veg the kids piled on when they were trying to make it look as bright and colourful as possible!"

Our panel of Mums knows all about the highs and lows of juggling busy family lives and mealtimes. That's why they were so helpful to Claire when it came to testing the ideas for this booklet. "It was great fun" said Claire, "I was like having a bunch of your friends around to try out recipes and swap ideas!"



Author - Marking Rosahind, Part-time breadwinner and mum to Matt and Mia Claire - mum to Jenny, 11 Preschool and Niall, 10 Rosahind and Claire - mums to Niall, 10 and Mia, 9





chili pork nachos

Time to cook: About 15 minutes

Take... Lean minced pork and fry for 6-8 minutes. Add 200g (approx) can unsalted, unsweetened red kidney beans, drained. 1/2 red pepper, deseeded and sliced, and 500g (approx) jar chilli con carne sauce and simmer for a further 6-8 minutes.

Place 150g (5oz) tortilla crisps in a bowl, pour chilli mince over top and sprinkle with 30ml (2tbsp) low-fat Cheddar. Cheese, grated.

Eat.... Serve with your favourite dips, toasted pitta, mixed salad, corn on the cob, homemade coleslaw and extra beans.

Feeds: 4 adult portions



pork tortilla wraps

Time to cook: About 10 minutes

Take... Lean pork fillet, finely chopped, 1/2 red pepper, deseeded and finely chopped, 1/2 courgette, finely chopped and juice of 1/2 lime, 30ml (2tbsp) fresh coriander, chopped and 15ml (1tbsp) olive oil.

Cut 450g (1lb) lean pork fillet into thin slices and dry fry in a hot non-stick wok for 5-6 minutes. Add 10ml (2tsp) fajita seasoning and 50g (2oz) mushrooms, sliced, 1 carrot, peeled and grated, 1/2 courgette, peeled and grated, 1/2 red pepper, deseeded and sliced, and cook for a further 1-2 minutes.

Feeds: 4 adult portions

Eat.... Serve the pork, piled into wraps with rice, dips and extra salad leaves.



chinese sticky ribs

Time to Cook: About 1 hour

Cooking Temperature: Gas Mark 5, 190°C, 375°F

Take... Lean pork spare ribs, 750g (1 1/2 lbs), 1/2 cup brown sauce, 1/2 cup orange juice.

Make... Take 900g (2lb) lean pork spare ribs, line roasting pan with foil or non-stick mat. Place ribs into pan and cook covered with foil for 15 minutes. Mix together 75ml (3tbsp) brown sauce with 45ml (3tbsp) orange juice. Remove top covering of foil from pan and spoon sauce over ribs. Return to the oven for approx. 40-50 minutes or until ribs are sticky and browned to your liking. (Baste a couple of times to make sure they go really sticky.)

Feeds: 4 adult portions

Eat.... Serve with baked potato wedges and a salad of beans and sweetcorn, and baked corn on the cob.



porkizza

Time to Cook: About 15 minutes

Cooking Temperature: Gas Mark 5, 190°C, 375°F

Take... Lean minced pork, 225g (8oz), 15ml (1tbsp) tomato ketchup and 5ml (1tsp) chilli powder or seasoning of choice, eg, Cajun, paprika or Chinese.

Mix together 75ml (5tbsp) tomato passata (or chopped can tomatoes) with 30ml (2tbsp) tomato ketchup. Spread this over the pizza base followed by the pork mixture.

And then it's up to you – add sliced tomato, courgette, onion, pineapple, bacon rashers, sliced cooked sausage, frozen sweetcorn and finish with grated cheese. Place in the oven and cook for 10-15 minutes.

Feeds: 2 adults (a pizza each)

Eat.... Serve with baked beans, corn on the cob, homemade coleslaw or a mixed salad of your choice.



chinese sticky ribs

Time to Cook: About 1 hour

Cooking Temperature: Gas Mark 5, 190°C, 375°F

Take... Lean pork spare ribs, 750g (1 1/2 lbs), 1/2 cup brown sauce, 1/2 cup orange juice.

Make... Take 900g (2lb) lean pork spare ribs, line roasting pan with foil or non-stick mat. Place ribs into pan and cook covered with foil for 15 minutes. Mix together 75ml (3tbsp) brown sauce with 45ml (3tbsp) orange juice. Remove top covering of foil from pan and spoon sauce over ribs. Return to the oven for approx. 40-50 minutes or until ribs are sticky and browned to your liking. (Baste a couple of times to make sure they go really sticky.)

Feeds: 4 adult portions

Eat.... Serve with baked potato wedges and a salad of beans and sweetcorn, and baked corn on the cob.