

# pork

## positively good for you





Maintaining a healthy balanced lifestyle is becoming more of a challenge as we struggle to combine our busy lives with eating well. At British Meat, we believe that following a healthy diet doesn't have to mean sacrificing either flavour or our enjoyment of food – it's all a question of balance.

Lean pork is a natural partner to healthy eating as it's naturally low in fat and rich in nutrients. We've called on one of our favourite chefs, Phil Vickery, and leading nutritionist, Angela Dowden, to help us devise these pork recipes that are low in fat, high in nutrients and flavour, and easy to rustle up for a quick meal. Yes, you really can have the best of both worlds!



**Phil Vickery**

Eating well is on everyone's agenda this year with news headlines regularly telling us that we should be following a more healthy lifestyle and cutting back on the amount of fat, sugar and salt in our diet. Lean pork is one of my family's favourite ingredients as it's versatile to cook with, it's naturally low in fat and sodium and it's also a great way of adding protein, vitamins and minerals to any meal. These great tasting recipes have never been so good for you!



**Angela Dowden**





If you're looking for a tasty option that's healthy too, lean pork fits the bill perfectly. It's protein rich (essential for body growth and repair), naturally low in sodium, and 100g of lean raw pork contains only 4g of fat. Pork also packs a nutritional punch as a rich source of vitamins, such as Vitamin B1 (Thiamin), important for energy release and B12 which helps protect against anaemia. These meal ideas will help top up your intake of these and other nutrients, and some of them also boast extra benefits – from boosting immunity to helping to raise energy levels.



**the recipes**

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**key to icons**

-  **protein** – for growth & repair
-  **vitamins** – for vitality
-  **minerals** – for immunity
-  **fat** – low fat (3g, or less, per 100g)

# baked pork ratatouille



## serves

four

## cook

35-40 minutes.

Gas mark 6,

200°C, 400°F

## cals (per serving)

961 kJ/227 kcal

## fat (per serving)

5g

## take

Lean pork chops

Red pepper

Yellow pepper

Red onion

Courgette

Aubergine

Can chopped tomatoes

Tomato ketchup

Fresh thyme leaves



fat – low fat



vitamins – for vitality

## make

Into a roasting tin place **1 red pepper**, seeded and chopped, **1 yellow pepper**, seeded and chopped, **1 red onion**, cut into wedges, **1 courgette**, cut into thick slices and **1 small aubergine**, cut in half lengthways and sliced. Place into a preheated oven and cook for 10 minutes.

Stir through **440g (approx.) can chopped tomatoes** and **15ml (1tbsp) tomato ketchup**, and sprinkle with **15ml (1tbsp) fresh thyme leaves**. Place **4 lean, fully trimmed pork chops** on top and return to oven for 25-30 minutes.

## eat

Serve with crusty bread and steamed green beans.

## Phil's tip

"This recipe is a great way of adding flavour without fat and the sunny colours are guaranteed to brighten up the duller days. Try serving with a portion of herby rice or crusty bread to mop up the sauce."

## Angela says

"Pork contains vitamin B1, which helps to release energy from food, and vitamin B12, essential for the nervous system and protective against anaemia. As an extra benefit, the Mediterranean vegetables in this vitalising meal supply more than three times the daily suggested intake of Vitamin C, a great immunity booster to combat winter colds and flu."







## serves

four

## cook

1½-2 hours.

Gas mark 3,  
170°C, 325°F

## cals (per serving)

803 kJ/190 kcal

## fat (per serving)

5g

## take

Lean pork cubes\*

Leek

Celery

Garlic

Tomato purée

Worcestershire sauce

Orange juice

Paprika

English mustard



fat – low fat



minerals – for immunity

## make

Place **450g (1lb) lean, fully trimmed pork cubes\*** into an ovenproof casserole dish. Add **1 leek**, sliced, **2 sticks celery**, sliced, **1 clove garlic**, crushed, **15ml (1tbsp) tomato purée**, **15ml (1tbsp) Worcestershire sauce**, **300ml (½pt) orange juice**, **15ml (1tbsp) paprika** and **15ml (1tbsp) English mustard**. Mix well, cover and cook in a preheated oven for 1½-2 hours until tender.

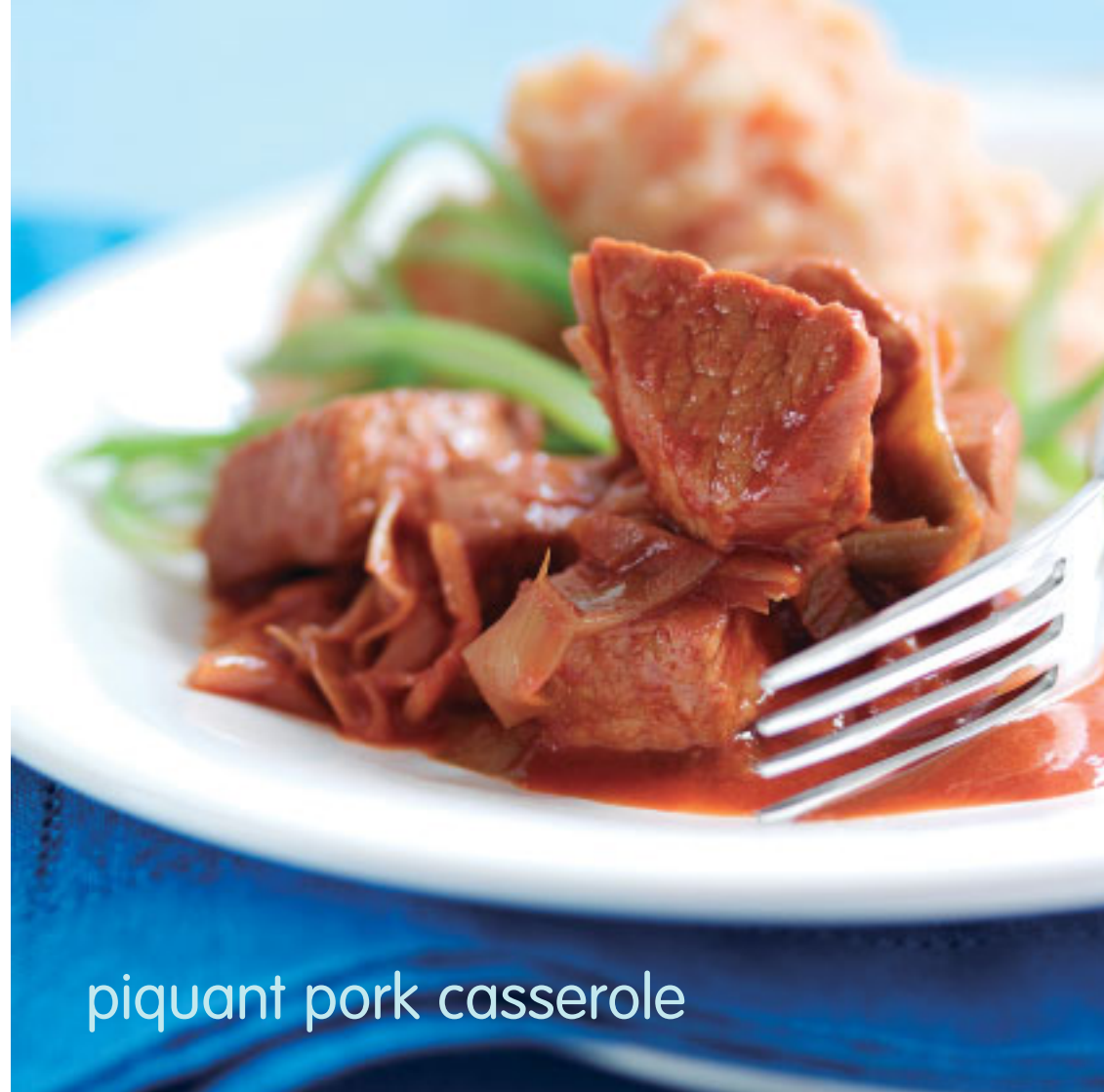
## eat

Serve with mashed swede, potato and carrot and a mixture of seasonal vegetables.

\*Suitable cuts include braising cubes, shoulder or leg.

## Phil's tip

"This hearty tomato based casserole is simple to prepare as an evening meal and it can be left to cook in the oven until tender. It's really comfort food at it's best – and what's more it's low in fat!"



# piquant pork casserole

# pork stir-fry with chilli and lime



## Phil's tip

"Stir-frying is one of my favourite cooking methods, as it's healthy and it helps food keep its fresh flavours.

Here we combine pork with radish, pak choi and bean sprouts and add soy sauce, chilli and limes to create an exotic medley of zesty flavours and crunchy textures. And it only takes 10 minutes to make so it's great when your hunger can't wait."

## serves

two

## cook

10 minutes

## cals (per serving)

784 kJ/186 kcal

## fat (per serving)

5g

## take

Lean pork loin or leg steaks or fillet  
Garlic  
Radishes  
Pak choi  
Beansprouts  
Soy sauce  
Sweet chilli sauce  
Lime juice  
Fresh coriander

## make

Cut **225g (8oz) lean, fully trimmed pork loin or leg steaks or fillet** into thin strips or thin slices and dry fry in a hot non-stick pan for 3-4 minutes until browned. Add **1 clove garlic**, crushed, **100g (4oz) radishes**, sliced, **1 head pak choi**, sliced, and **100g (4oz) beansprouts** and cook for a further 2-3 minutes.

Mix together **5ml (1tsp) soy sauce**, **30ml (2tbsp) sweet chilli sauce** and the **juice of 1 lime**. Add to the pan and cook for a further minute, then sprinkle over **15ml (1tbsp) fresh coriander**, chopped.

## eat

Serve with rice or noodles and extra vegetables.

Note: if you do not have a non-stick pan/wok use a very small quantity of oil to stop sticking.

## Angela says

"Low fat doesn't normally get this delicious! Lean pork is only 4 per cent fat and over half of the fat is the beneficial unsaturated form, predominant in the Mediterranean diet. You'll also get a portion of vegetables in this recipe."



fat – low fat



## serves

four

## cook

approx. 30 minutes

## cals (per serving)

1334 kJ/315 kcal

## fat (per serving)

5g

## take

Lean minced pork

Tomato ketchup

Black pepper

Onion

Red pepper

Baby sweetcorn

Can pineapple chunks

in natural juice

Mango chutney

Worcestershire sauce

Tomato purée

Frozen peas



fat – low fat



protein – for growth  
& repair

## make

Mix **450g (1lb) lean, minced pork** with **30ml (2tbsp) tomato ketchup** and season with **black pepper**. Shape into 12 meatballs. Dry fry in a large lidded non-stick pan for 4-5 minutes until browned.

Add **1 onion**, chopped, **1 red pepper**, seeded and chopped, **150g (5oz) baby sweetcorn**, cut in half, **432g (approx.) can pineapple chunks in natural juice**, **30ml (2tbsp) mango chutney**, **30ml (2tbsp) tomato ketchup**, **15ml (1tbsp) Worcestershire sauce**, and **30ml (2tbsp) tomato purée**. Mix well, cover and simmer for 15-20 minutes. During the last 5 minutes add **100g (4oz) frozen peas** and stir through.

## eat

Serve with spaghetti, rice or noodles and perhaps extra peas.

## Phil's tip

"These delicious bite-sized 'sweet and sour' mince balls are a real favourite with kids and so easy to make. Why not get them to help too?"

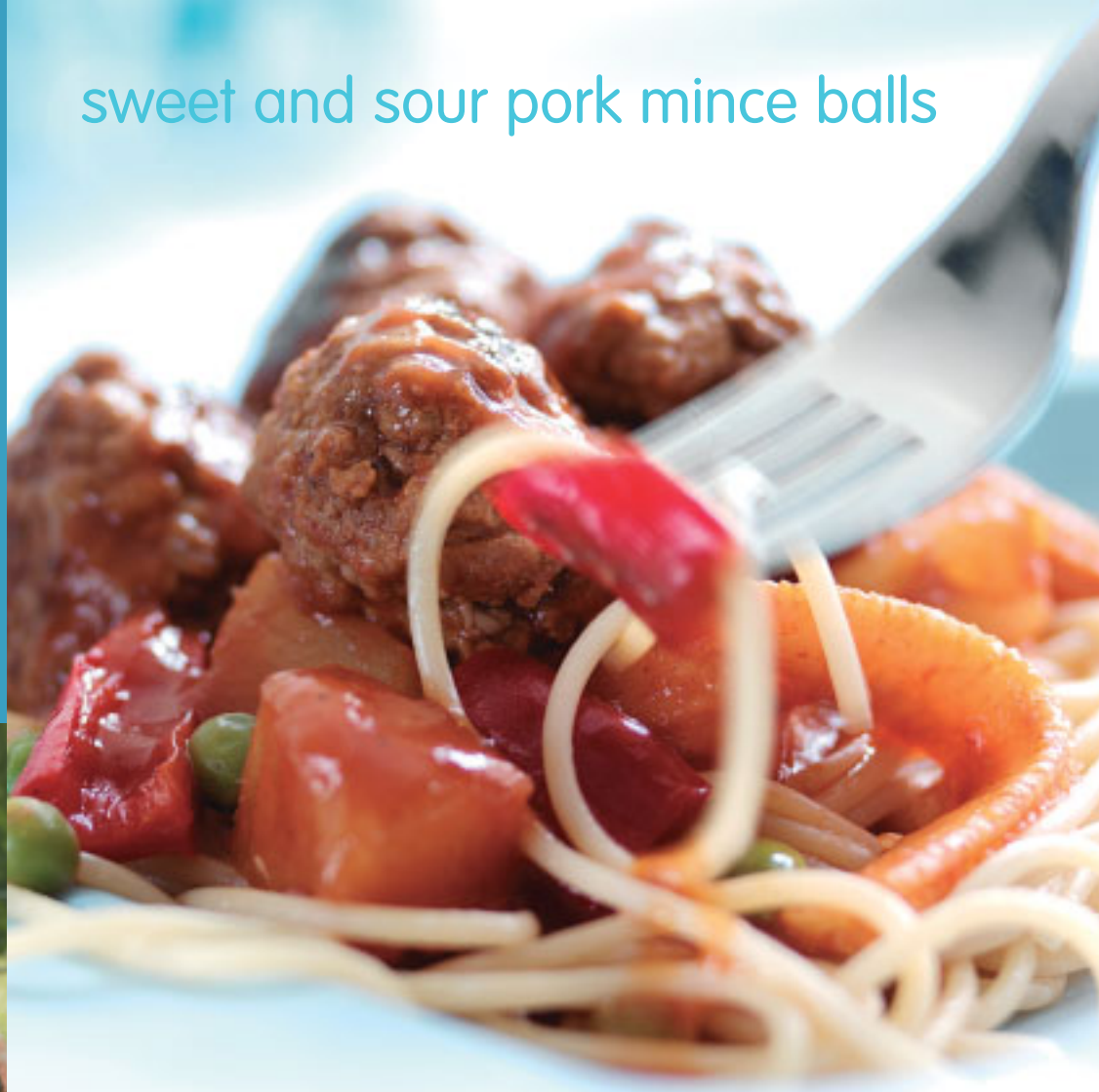
## Angela says

"Pork is an excellent source of protein, which not only helps keep hunger at bay but is also needed for the growth, repair and replenishment of body tissue.

This recipe is ideal for all kids, especially when they are going through a growth spurt and have high protein demands. A serving also provides the full daily requirement of Vitamin B1, needed for vitality and energy, and Vitamin C, which boosts the immune system."



# sweet and sour pork mince balls



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or call us on **01908 609 821**

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

Nutritional analysis is based on  
raw, fully trimmed, lean pork.

Photography by Steve Lee