

All too often hectic family life means you all end up eating at different times of the evening, what with after school clubs or Mum or Dad coming home from work later on.

Add to that your children's tendency to turn up for tea with hungry friends in tow and it can be quite a challenge to keep everyone well-fed and happy.

While we'd all love to make sure everyone gets a delicious, freshly made meal that's piping hot and wholesome, who hasn't resorted to rummaging in the freezer for a quick fix?

If feeding the masses is getting you down, help is at hand with our new pork ideas, which are cleverly designed to adapt to the comings and goings of family life.

You can rustle them up in next to no time, or prepare them in advance, so when they come home ravenous, all you have to do is say 'ready when you are!'

Remember...If reheating food – cool down quickly, wrap, refrigerate and reheat thoroughly. Only reheat once.



Q. When are three recipes really five different delicious meal ideas?

A. When they've been created not just to satisfy the testing demands of the kids, but can be easily adapted with the addition of a few extra ingredients, to spice up Mum and Dad's supper later in the evening or feed extra hungry mouths at a moment's notice.

All our recipes use lovely lean pork, which means they are perfect as part of a healthy balanced diet. Lean pork is only 4% fat and is naturally low in sodium too. It's also a great source of essential protein and contains all sorts of other important nutrients:

- Vitamin B1 (thiamin) - helps to kick start energy
- Vitamin B12 - vitality boosting
- Zinc - important for a strong immune system and healthy skin
- Iron - the important haem iron which can be helpful in preventing anaemia



Deborah is a full-time mum to Max, who is at home all day. Olivia and Louisa are involved with lots of after school activities and bring friends home for tea. Added to that, she has a husband with a demanding job and unpredictable working hours. So, she really values meals that can accommodate the comings and goings of a busy household.

Our panel of mums all know what it's like to juggle hectic lives and that's why they were such a help to our Home Economist Clare (herself a working mum) when it came to developing meals that really are 'ready when you are!'

**Feeds:** 4 adults  
**Time to cook:** Approx 2 hours  
**Cooking Temperature:**  
Gas Mark 4, 160°C, 350°F

**Take....**  
Lean pork cubes  
Onion  
Garlic  
Can tomatoes  
Can red kidney beans  
Stock  
Chilli powder  
Chilli (optional)  
Red pepper  
Yellow pepper

**Top with:**  
Pre-bought potato skins  
Cheddar cheese

**Make....**  
In a large casserole dish, place **400g (1lb) lean pork cubes**, **1 onion**, cut into chunks, **2 cloves garlic**, crushed, **2 400g (approx) cans chopped tomatoes**, **400g (approx) mince**, **unsweetened can red kidney beans**, drained and rinsed, **300ml (1 1/2pt) stock**, **100g (3 1/2oz) chilli powder**, **1 green or red chilli**, whole. Mix well, cover and place in a preheated oven for 1 1/2 hours until the meat is tender. Stir in **1 red and 1 yellow pepper**, deseeded and cut into chunks. Place **200g (7oz) frozen potato skins** on top of the **chilli** and sprinkle with **25g (1oz) cheddar cheese**, grated. Return to the oven, uncovered for 20 minutes, until the potato skins are crispy and the cheese has melted. Remove chillies before serving.

**Eat....**  
Serve with potato skins, corn on the cob, crunchy veg and your favourite dips.

IF EXTRA KIDS ARRIVE FOR TEA THIS RECIPE CAN EASILY BE EXTENDED..... add an extra can of tomatoes and baked beans and if you need to bulk out the skint, use chunks of bread - butter and top with grated cheese and grill or bake until melted and golden.

Can be stretched to feed the 5,000!



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. For further information and recipe ideas visit [www.meatmatters.com](http://www.meatmatters.com) or call us on 01908 609 821

**Feeds:** 3-4 adult portions  
**Time to cook:** Approx 2 hours  
**Cooking Temperature:**  
Gas Mark 4, 160°C, 350°F

**Take....**  
Lean cubed pork  
Onion  
Orange pepper  
Red pepper  
Baby corn

**For the Sauce:**  
Can pineapple pieces  
Tomato ketchup  
Sweet chilli sauce  
Orange juice

**Make....**  
In a measuring jug mix together **pineapple juice from 400g (approx) can pineapple pieces in natural juice**, **100ml (3 1/2fl oz) tomato ketchup**, **100ml (3 1/2fl oz) tomato puree**, **100ml (3 1/2fl oz) malt vinegar** and **100ml (3 1/2fl oz) sweet chilli sauce**. Pour sufficient **orange juice** into the measuring jug until the sauce quantity measures **450ml (1 1/2pt)**.

Place **400g (1lb) lean pork**, cubed, and **2 onions**, quartered, in a large casserole dish. Pour over the sauce. Transfer to the oven and cook for 1 1/2-2 hours until the meat is tender.

Add **1 orange** and **1 red pepper**, deseeded and cut into chunks, **50g (2oz) baby corn**, halved, and **pineapple pieces from 400g (approx) can**, stir. Return to oven and cook for a further 15 minutes.

**Eat....**  
Serve with thick noodles and steamed pak choy or Chinese lettuce.

IF YOU DON'T WANT TO HAVE TO START COOKING AGAIN WHEN THE KIDS HAVE COME TO BED THIS RECIPE IS PREPARED ONCE BUT SERVED TWICE... For the adults just add some extra pak choy, sliced spring onions, bean sprouts, chilli sauce and serve with noodles and prawn crackers.



Becomes 8.00pm hot and sour for grown ups supper

**Feeds:** 4 adult portions  
**Time to cook:** Approx 2 hours  
**Cooking Temperature:**  
Gas Mark 4, 160°C, 350°F

**Take....**  
Lean pork cubes  
Park sausages  
Garlic  
Stock  
Butter beans  
Baked beans  
Tomato puree  
Carrot  
Garlic bread

**Make....**  
In a large breakfast casserole dish fry **4 pork sausages** for 3-4 minutes. Add **400g (1lb) lean pork cubes**, **2 cloves garlic**, crushed, **300ml (1 1/2pt) stock**, **400g (approx) can mince**, **unsweetened butter beans**, drained and rinsed, **400g (approx) can baked beans**, **400ml (1 1/2pt) tomato puree**, **1 carrot**, peeled and chopped. Mix well, cover and cook in a preheated oven for 1 1/2-2 hours or until meat is tender.

Remove casserole lid and arrange **1 (approx 170g) ready made fresh garlic bread loaf**, cut into marked slices on top. Return to the oven for a further 15 minutes.

**Eat....**  
Serve with mash and fresh green vegetables.

IF YOU NEED THIS RECIPE TO WORK FOR TWO SEPARATE SITTINGS - simply add some sliced chorizo sausage, sweet chilli sauce and extra butter beans (serve with chilli wedges or flavoured mash).



Becomes 8.00pm cassoulet for all those late arrivals

Ready when you are



TABLE TESTED by Mums X