



Trying to feed the family healthy, balanced meals day after day can be a stressful business for busy mums. To help we've come up with three scrummy, lean pork family teas, which are not only easy to rustle up, they also provide many of the nutrients essential for a healthy and active life.

To reassure even the fussiest of eaters they've been tested by our panel of mums and their kids to make doubly sure they've got all-round family appeal.

Feeds: 4 adult portions
Time to Cook: Approx 30 minutes

Take.... Lean minced pork, Onion, Sweetcorn, Can chopped tomatoes, Passata, Water, Tomato ketchup, Carrot, Broccoli

Make....

Take 450g (1lb) lean minced pork, ½ small can (approx 200g) sweetcorn and mix together.

To a pan add 400g (approx) can chopped tomatoes, 150ml (½pt) passata (sieved tomatoes), 150ml (⅓pt) water, 30ml (2tbsp) tomato ketchup, remaining ½ can sweetcorn, 1 carrot, peeled and chopped, 50g (2oz) broccoli, cut into small florets. Turn pan on to a low heat.

Shape meat into small balls and add to the pan. When all balls are in the pan place lid on pan and slightly shake, to cover all balls with sauce. Bring to the boil and then simmer for 20 minutes (remove lid in the last 5 minutes of cooking to slightly thicken sauce).

Cook large pasta shells in accordance with pack instructions.

Eat....

Either serve meatballs stuffed into large pasta shells or on a bed of pasta shapes. Sprinkle with 25g (1oz) grated cheese.

Serve with sugar snap peas and toasted flat bread wedges.

My children love meatballs and ate this in about five seconds flat without even noticing the hidden vegetables in the tomato sauce!
Deborah



pork balls with tomato sauce

Feeds: 3-4 adult portions

Time to Cook: 1½ hours
Cooking Temperature: Gas Mark 4, 180°C, 350°F

Take.... Lean pork cubes, Onion, Mild Korma curry paste, Can reduced-fat coconut milk, Sweet potato, Carrot, Spinach, Fresh coriander

Make....

Heat 5ml (1tsp) oil in an ovenproof casserole pot. Add 450g (1lb) lean pork cubes and 1 onion, cut into quarters, and brown meat and onions. Add 30ml (2tbsp) Mild Korma curry paste and mix well.

Add 400g (approx) can coconut milk. Cook in oven for 1½ hours.

After 1 hour add 2 sweet potatoes, peeled and cut into cubes and 2 carrots, peeled and cut into chunky sticks and cook for a further 40 minutes.

Just before serving stir through a large handful of spinach and 30ml (2tbsp) fresh coriander, chopped.

Eat....

Serve with boiled basmati rice, toasted naan breads and extra spinach.

It can be difficult getting the twins to try new things, but they love the not too spicy flavours of this dish. My husband also loves it so it's definitely being added to the list of family favourites.
Amber



coconut pork

Feeds: 2 adult portions

Time to cook: Approximately 10 minutes

Take.... Lean minced pork, Carrot, Frozen peas, Baby sweetcorn, Cajun seasoning, Tomato ketchup, Flour tortillas or wraps.

Make....

In a non-stick pan dry fry 225g (8oz) lean minced pork along with 1 carrot, cut into thin sticks, 25g (1oz) frozen peas and 50g (2oz) baby sweetcorn, cut lengthways, for 4-5 minutes.

Add 10ml (2tsp) cajun seasoning or similar, and 45ml (3tbsp) tomato ketchup. Cook for 2-3 minutes.

Eat....

Spoon pork mince onto tortillas and fold into a parcel shape. Serve with dollops of 60ml (4tbsp) fromage frais mixed with 1 tomato, chopped and sprinkled with 25g (1oz) grated cheese.

Eat with crunchy lettuce, carrot and cabbage salad and baked potato wedges if you wish.

This is a great dish to cook during the week as it only takes ten minutes to make. Claire also really enjoyed making her own wraps.
Radford



pork burritos

Amber - Marketing consultant and mum to
Shelly and twins Millie and Tasha

Rosalind, Part-time teacher
and full-time mum to Claire

Clare - mum to Shelly
and her cat for the day

Jenny, TV presenter and
mum to Gemma aged 4

Niki, Hairdresser and
mum to Thomas



Meet our mums...

Between them, Jenny, Niki, Deborah, Amber and Rosalind have nine children aged between 2-11 yrs so know what it's like to juggle busy family lives, not to mention cooking for a variety of taste buds!

They helped develop these dishes and gave us loads of ideas and tips for hassle-free meals based on their own experiences.

For further information on more great recipe ideas visit our website www.meatmatters.com or call us on 01908 609 821

Meat and Livestock Commission

PO Box 44, Winterhill House, Snowdon Drive, Milton Keynes MK6 1AX

Location and model photography David Leahy

Food photography Steve Lee

Stylist Jo Harris

Home economist Clare Greenstreet

About our recipes

All our recipes are nutritionally balanced and contain a mix of vegetables, craftily hidden to fool even the most experienced vegetable-hater! They are also really easy to make and use everyday kitchen staples.

Cooking with lean pork is a great way to help your family achieve a healthy, balanced diet. It's naturally low in fat and sodium, rich in essential protein and bursting with the vitality boosting nutrients Vitamin B1 (thiamin) and B12. It also contains important haem iron which can be helpful in fighting anaemia.



When buying pork, bacon or ham always look out for meat carrying the Pork 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

“What’s for tea, Mum?”

TABLE
TESTED
by Mums X

