

Cider Pork with Spring Vegetables



Serves 3 Prep 1 h Cooking 1h 15 mins Easy

Ingredients

2 tbsp oil
170g crisp eating apples, cored and cut into wedges
700g shoulder of pork, cut into 2.5 cm cubes
100g onions. peeled & chopped
200ml of can of dry cider
225 ml chicken stock
salt & freshly ground black pepper
1 - 2 tsp cider vinegar (depends of tartness of apples)
vegetable pack of asparagus, tender stem broccoli & French beans
1 bunch spring onion

1. Heat the oil in a large flameproof casserole. Fry the apples until a light golden brown, then drain and set aside. Add the pork to the pan in batches and fry over a high heat until browned; reserve. Lower the heat, add the onions and cook gently for 5 - 6 mins.
2. Stir in the flour, pour in the cider and blend until smooth. Bring to the boil and bubble until reduced by 2/3. Return the pork to the casserole with the stock, then season.
3. Bring to the boil, then cook in the oven at 180C/ Fan 160C/Gas 4 for 1h 15 mins or until tender. Add the apples to the casserole 5 mins before the end of the cooking time. Adjust the seasoning and add the vinegar.
4. Meanwhile, cut the vegetables diagonally into short lengths. Cook individually in boiling, salted water until just tender, depending on the mix you choose. Add the spring onions for the last 2 minutes. Drain and season. Spoon the vegetables over the pork to serve.