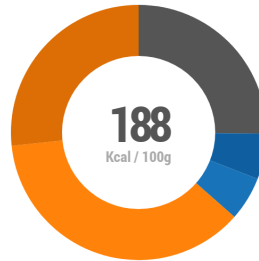


Roasted British pork loin, cheesy mac and leeks with smoked bacon

Succulent roasted british loin of pork with crispy crackling, cheesy mac and leeks, smoked bacon , braised red cabbage and red wine sauce with shallots, thyme and lemon

OVERVIEW ...



CALORIES:

11.4% Carbs

25.1% Protein

63.5% Fat

FOOD LABELLING...

Serves **4**

CONTAINS:



MAY CONTAIN:



RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

70888 Prime Meats British Pork Loin.. - BRAKES

70888 PORK

BRAKES

1kg

0.17 x Each

unchanged

32725 Brakes Essentials Macaroni Cheese..

MACARONI CHEESE

BRAKES

400g

1 x Each

unchanged

10288 Leeks.. - BRAKES

10288 LEEKS FRESH DIRECT

BRAKES

100g

0.04 x Each

unchanged

135809 Smoked Bacon Lardons.. - BRAKES

135809 SMOKED BACON LARDONS

BRAKES

75g

0.08 x Each

unchanged

119656 Marinated & Seasoned Exotic Mushroom Mix (950g drained we...

119656 EXOTIC MUSHROOMS

BRAKES

80g

0.08 x Each

unchanged

113881 Herb Bunched Flat Leaf Parsley.. - BRAKES

113881 PARSLEY FRESH DIRECT

BRAKES

10g

0.1 x Each

N/A

74844 Brakes Braised Red Cabbage.. - BRAKES

74844 BRAISED RED CABBAGE

BRAKES

100g


0.1 x Each





unchanged

10567 Banana Shallots.. - BRAKES 10567 SHALLOTS	BRAKES	50g	0.05 x Each	unchanged
113874 Herb Bunched Thyme.. HERB BUNCHED THYME	BRAKES	5g		N/A
450597 Lemons.. - BRAKES 450597 LEMONS	BRAKES	0.5g	0 x Each	unchanged
11127 Brakes Unsalted Butter.. - BRAKES 11127 BUTTER	BRAKES	25g	0.1 x Each	unchanged
74063 Watercress.. - BRAKES 74063 WATERCRESS	BRAKES	10g	1 x Average Portion	unchanged
151502 Knorr Garde D'or Red Wine Sauce.. - BRAKES 151502 RED WINE SAUCE	BRAKES	150g	1.46 x Each	unchanged

PRODUCTS / PACK SIZES ...

1 Serving





 501g / 946kcal
 # 1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

- Wash the leeks and dice
- Dice the shallots
- Pick the thyme
- Chop the parsley
- Defrost the mac and cheese
- Juice of half the lemon

Method:

1. In a pan on a low heat place the pork fat side down and render very slowly for 10 mins.
2. Turn the pork, season and transfer to an oven at 180oC for 1.5 hours or until a core temp of 75oC has been reached.
3. Remove from the oven and allow to rest for at least 30mins.
4. Melt the butter in a pan over a moderate heat then add the lardons and cook until crisp, add in the leeks and soften.
5. Stir in the parsley and mushrooms followed by the mac and cheese - mix well and season to taste.
6. Decant into a suitable ovenproof dish and transfer to an oven and bake for about 5 mins or until its golden brown.
7. Place the chopped shallots and thyme into a pan, cover with the red wine sauce and the lemon juice bring to a gentle boil and stir.
8. Carve the pork into thick slices first removing the crackling and cutting separately.
9. Heat up the red cabbage and spoon onto a suitable plate and top with the pork and crackling.
10. Spoon the red wine sauce over the pork and serve the mac n cheese alongside

11. Finally finish the dish with watercress and serve!