



COME ON

LET'S
**DO
THIS**

Fat	Saturates	Sugar	Salt
LOW	LOW	LOW	LOW

per 100g

Portions
fruit & veg
per serving
4

Pork, apple & leek pie

For more tasty recipes with a healthy boost, visit
lets-dothis.org.uk

**Recipe includes a
healthy boost**

Serves 6 | prep 20 mins | cook 90 mins

Pork, apple & leek pie

Enjoy this comforting pie on a cold winter evening – add a **healthy boost** of apples and lentils to your pork and leek sauce, and top with thinly sliced potatoes and sweet potatoes.

Ingredients

- 300g potatoes, very thinly sliced (no need to peel)
- 300g sweet potatoes, peeled and very thinly sliced
- 1 tsp pure vegetable oil
- 1 onion (100g), chopped
- 500g lean diced pork
- 250g carrots, chopped
- 2 tsp Dijon mustard
- Pinch pepper
- 1 tsp dried thyme
- 1 low salt vegetable stock cube and 600 ml water
- 1 heaped tsp cornflour dissolved in 1 tbs water
- 2 leeks (250g), chopped.

Healthy boost ingredients

- 2 apples (180g when cored), unpeeled and cut into wedges
- 1 tin green lentils.

Method

1. Preheat oven to 180°C/Gas 4
2. Plunge the potatoes in boiling water for 3 minutes then add the sweet potatoes, leave for 2 minutes then drain and set aside
3. Meanwhile, add the oil and onions to a pan and cook until softened
4. Add the pork and cook for 2–3 minutes until the meat browns
5. Add the garlic and vegetables, stir 2–3 minutes then add the mustard, pepper, thyme and stock. Bring to the boil and stir well, cover and simmer for 30 minutes
6. Add the apples, leeks and lentils, bring back to the boil then stir in the cornflour, cook for 2 minutes and transfer to an ovenproof casserole dish
7. Layer the sliced potatoes on top of the pork and bake for 45–50 minutes.

DIABETES UK

TESCO



British Heart
Foundation

National Charity
Partnership

Nutritional information

Each serving contains:

Calories

288

14%

Fat

6g

9%

Saturates

1.6g

8%

Sugars

10.9g

12%

Salt

0.6g

10%

% = an adult's reference intake

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