





More Than Food
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Belly Pork Casserole with Beans and Red Cabbage

A lovely, smoky flavoured casserole that will be a welcome warm-up on a chilly day. And the fact it also has dumplings will bring a smile to a hungry person's face! We have sneaked some mango chutney into the cabbage as well, so that will be a sweet, tasty surprise too!



50 mins



family box



spicy



lactose free



Carrot (2)



Leek (1)



Belly Pork (500g)



Chicken Stock Pot (1)



Organic Chopped Tomatoes (1 tin)



Chipotle Ketchup (1 tsp)



Organic Mixed Beans (1 tin)



Red Cabbage (½)



Indian Mango Chutney (4 tbsp)




Self-Raising Flour (100g)



Vegetarian Suet (50g)

Ingredients

	2P	4P
Carrot, sliced	-	2
Leek, sliced	-	1
Belly Pork	-	500g
Chicken Stock Pot	-	1
Organic Chopped Tomatoes	-	1 tin
Chipotle Ketchup	-	1 tsp
Organic Mixed Beans	-	1 tin
Red Cabbage, sliced	-	½
Indian Mango Chutney	-	4 tbsps
Self-Raising Flour 1	-	100g
Vegetarian Suet	-	50g

 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Gluten

Nutrition per serving: Calories: 969 kcal | Protein: 23 g | Carbs: 77 g | Fat: 62 g | Saturated Fat: 23 g

1



1 Peel and slice the carrots into rounds about 1cm thick. Thinly slice your leek.

3



2 Cut the belly pork into 1cm slices. Heat 2 tbsps of oil and ½ tsp of salt in a large frying pan and add the meat. Cook over high heat for 6 mins, until browned all over, stirring often to prevent sticking. Use a slotted spoon to transfer the meat to a large pot.

5



3 Add both the carrots and leeks to the frying pan you cooked your pork belly in (no need to wash!) and fry for 3 mins. In the meantime, add the stock pot, chopped tomatoes, chipotle ketchup and 500ml of water to the pot with the pork in. Drain your mixed beans and add them to the pork as well, then add in the carrots and leeks, bring to the boil, reduce heat and simmer for 20 mins.

5



4 Meanwhile chop the cabbage in half through the root. Discard the tough root and the tough stalks and thinly slice half of it. Put 5 tbsps of water into the large frying pan, and add the sliced cabbage, ½ tsp of salt, a few grinds of black pepper and the mango chutney.

Cover and simmer very gently for 25 mins. **Tip:** *The finer the cabbage is chopped, the quicker it will cook and the less tough it will be to chew.*

5 LH: *While all that bubbles away, quickly mix the self-raising flour and suet together in a bowl. Add ½ tsp of salt and few grinds of black pepper. Add enough cold water (roughly 100ml) to make a thick, sticky dough. Lift out a tbsp of the dumpling mix and add to the casserole, repeat seven more times to make eight dumplings in all. Cover the pot and leave to cook for the remaining time - about 10 mins.*

6 Serve the pork casserole with the dumplings and the cooked red cabbage.