

LighterLife pork casserole with mushroom and soy sauce

Dish of the Day: Rich pork casserole with mushroom and soy sauce

Serves: 4

Nutrition per serving:

191 calories 29.5 grams protein

6 grams carbohydrates 5.6 grams fat



Ingredients:

- 500g lean free-range pork, cubed
- 1 red onion, cubed
- 2 cloves of garlic, crushed
- 2cm piece root ginger, grated
- 1 red chilli, finely chopped
- 100ml tomato passata
- 100ml dark soy sauce
- 100ml chicken or LighterLife broth
- 2 whole star anise
- 300g chestnut mushrooms, quartered

Method:

1. Put all of the ingredients, except for the mushrooms, in a flameproof casserole dish or large saucepan and press into an even layer.
2. Cover the dish with a lid or foil and cook on the hob on the lowest heat for 1 hour.
3. Stir in the mushrooms, then cover and cook for another hour or until the pork is tender and the sauce is thick and reduced.
4. Serve immediately or leave to cool completely before freezing.
5. TO FREEZE: Remove the star anise and divide the casserole between 4 plastic zip bags. Remove as much air as possible before sealing the bags, then label and date before freezing.
6. TO COOK FROM FROZEN: Put the bags in a saucepan of water and bring to simmer. Cook for 20 minutes or until piping hot inside.
7. TO SERVE: This rich, Asian-inspired casserole is delicious with steamed purple sprouting or tender stem broccoli, or leafy Asian greens.