

# We are ready.....

## Pork and apple casserole



**Suggested portion**

**Size for recipe**

1-2 years - 80g

3-4 years - 120g

### Ingredients - Serves 5

Onion, peeled	30g ( $\frac{1}{2}$ small)
Fresh peppers, green and red, Cored	40g ( $\frac{1}{4}$ medium)
Mushrooms	30g (3 mushrooms)
Courgette	20g ( $\frac{1}{5}$ )
Apple, eating, peeled	75g (1 small)
Vegetable oil	1 teaspoon
Minced pork	200g
Garlic powder	$\frac{1}{2}$ teaspoon
Corn flour	4g (1 teaspoon)
Water	100ml
Basil, dried	$\frac{1}{2}$ teaspoon
Canned tomatoes, chopped	100g ( $\frac{1}{2}$ x 200g can)

### Method

1. Dice the onions, mushrooms, courgettes and apples.
2. Heat the oil and fry the pork mince with the onion and garlic powder.
3. Add the peppers, courgettes and mushrooms and fry for 2 minutes.
4. Mix the corn flour with a little of the water and then add to the pan together with the basil, apples, tomatoes and the rest of the water. Cover and simmer for 25-30 minutes.