We are ready......

**Pork and apple casserole**

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**Suggested portion**

**Size for recipe**

1–2 years – 80g

3–4 years – 120g

**Ingredients – Serves 5**

**Onion, peeled** 30g (½ small)

**Fresh peppers, green and red,**

**Cored** 40g (¼ medium)

**Mushrooms** 30g (3 mushrooms)

**Courgette** 20g (1⁄5)

**Apple, eating, peeled** 75g (1 small)

**Vegetable oil** 1 teaspoon

**Minced pork** 200g

**Garlic powder** ½ teaspoon

**Corn flour** 4g (1 teaspoon)

**Water** 100ml

**Basil, dried** ½ teaspoon

**Canned tomatoes, chopped** 100g (½ 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.