



**BISLEY FARM SHOP**

# Pork and Apple

## Meatballs

### Ingredients

- 500g lean pork mince (5% fat)
- 1 small Braeburn apple, grated
- 1 small onion, peeled and grated
- 1 garlic clove, minced or finely chopped
- 1 teaspoon dried sage (or a few fresh sage leaves, finely chopped)
- 2 teaspoons oil
- 300ml chicken or vegetable stock
- 1 teaspoon Dijon mustard
- 2 teaspoons runny honey
- 1 teaspoon cornflour mixed with 1 tablespoon cold water (for quick thickening)
- 1 teaspoon low fat crème fraîche

Creamy mashed potatoes and seasonal greens, to serve

This recipe makes 12 large meatballs, but you could also make 20-25 small meatballs for quicker cooking time.

### Method

- 1) Put the pork mince, apple, onion, garlic, and sage in a large bowl. Season with salt and pepper and gently mix until just combined. Shape into 12 large golf-size meatballs. Transfer to a large plate, then cover and refrigerate for 5-10 minutes.
- 2) Heat the oil in a large non-stick pan over medium heat. Add the meatballs and cook for 8-10 minutes, turning frequently until golden all over and nearly cooked through.
- 3) For the sauce, pour in the stock, mustard, and honey. Stir gently, then add the cornflour mix to thicken slightly, stirring from time to time. Once bubbling, reduce the heat and stir through the crème fraîche until smooth and glossy.
- 4) Simmer the meatballs in the sauce for 2-3 minutes, spooning over the top to glaze.
- 5) Serve with creamy mashed potatoes and seasonal greens of your choice.



# Sticky Honey Rice Pork Bowl

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## Method

### Ingredients

- 250g 5% fat pork mince
- 100g basmati rice
- 4cm piece cucumber, thinly sliced
- 2 tablespoons white rice vinegar
- A pinch of salt
- 1 teaspoon sugar
- Cooking oil spray
- 1 tablespoon honey
- 2 teaspoons dark soy
- 1 spring onion, sliced
- 1 carrot, grated
- 50g edamame beans

#### Step 1

Cook the rice according to the packet instructions and set aside.

#### Step 2

For the pickled cucumber, put the cucumber in a non metallic bowl and infuse with white rice vinegar, a pinch of salt and sugar for at least 10 minutes

#### Step 3

Spray a pan with oil, heat for a few minutes and cook the pork mince for a few minutes until brown.

#### Step 4

Mix in the honey and soy sauce together, then add half the spring onion.

#### Step 5

Prepare and cook the edamame beans as per packet instructions.

#### Step 6

Serve the honey soy pork with the pickled cucumber, grated carrot, cooked rice and the remaining spring onion.

#### Step 7

Add the cooked edamame beans to your plate with an optional sprinkle of sesame seeds and sliced red chilli.



# Pork Skewers with Creole Sauce

## Ingredients

- 1 x 500g pack lean pork mince
- 2 teaspoons Cajun spice
- 1 tablespoon mango chutney
- 1 red chilli, deseeded and finely chopped
- **For the Creole Sauce**
- 1 x 200ml carton pineapple juice
- 1 tablespoon tomato ketchup
- 2 tablespoons mango chutney



## Method

### Step 1

Place all the pork ingredients into a large bowl and mix thoroughly. Divide the mixture into 8 and mould into sausage shapes.

### Step 2

Thread onto 8 wooden (soaked in cold water for 20 minutes) or metal skewers. Cover and chill in fridge for 20 minutes before cooking.

### Step 3

Meanwhile, prepare the creole sauce, in a small pan add all the ingredients together, bring to the boil, reduce the heat and simmer for about 10 minutes, or until thickened and syrupy.

### Step 4

Cook the skewers under a preheated moderate grill or prepared BBQ for approximately 10-14 minutes, turning occasionally until cooked through and the juices run clearly.

### Step 5

Serve the skewers with the creole sauce and a fruity salad of mango, coconut shavings and spring onions.



## Ingredients

- 500g pork mince
- 3 tablespoons oil
- 1 tablespoon smoked paprika
- 1 teaspoon runny honey
- 1 onion, peeled and finely diced
- 2 fresh chillies, finely chopped
- 400g dried spaghetti
- 8 tablespoons tomato purée
- 4 garlic cloves, peeled and finely chopped
- 200g tenderstem broccoli, steamed
- 200g trimmed green beans, steamed
- 50g hard cheese of your choice, finely grated
- Handful of fresh basil leaves

## Method

- 1) Heat 2 tablespoons of oil in a large frying pan over moderate heat, add the pork mince, breaking it up and spreading it evenly in the pan. Season with salt and pepper and leave undisturbed for around 4 minutes, or until brown.
- 2) Add the paprika to the pan and stir to combine, continue to stir and cook for around 5 minutes, adding the honey for the final 2 minutes of cooking
- 3) Remove the pork and set aside. Reduce the heat to low/medium. Deglaze the pan with a splash of water, then add the onion and chilli. Season with salt and pepper and cook for around 4 minutes.
- 4) cook the spaghetti in a large pan of boiling water, according to the packet instructions. Drain and reserve 300ml of the starchy pasta water.
- 5) Add the tomato purée and garlic into the pan with the mince and continue to cook for 5 minutes, or until the tomato purée darkens in colour. Add the pasta water to the pan to create your sauce.
- 6) Transfer the pasta into the pan and continue to cook for 1-2 minutes over a low/medium heat, until a glossy sauce is achieved.
- 8) Serve the pork arrabbiatta in bowls with your steamed greens and a big serving of crispy paprika pork. Top with the grated cheese, fresh basil leaves and a crack of black pepper. Enjoy.



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