

Pork in a Creamy Honey & Mustard Sauce

Serves 10



Typical values per portion

Energy	1540kJ /371kcal
Fat	28.0g
Of which saturates	11.6g
Carbohydrate	8.9g
Of which sugars	5.6g
Protein	20.9g
Fibre	0.7g
Salt	1.2g
Vitamin D	2.2µg
Calcium	148mg

Handy Tip:

Other types of vegetable can be used instead such as mushroom or parsley or even a white sauce

Ingredients:

- 10 Lean pork loin chops approx 100g each
- 150g Carrots cut into batons
- 20g Celery
- 10g Butter to grease dish
- 75g Onions finely chopped
- 1500ml Vegetable stock

For the sauce

- 100g **The Laughing Cow® Nutrient Fortified**
- 2 teaspoons of made up smooth mustard
- 2 teaspoons Grainy mustard
- 2 tablespoons Runny honey
- 40g Plain flour
- 40g Butter

NB thickening granules can be used instead of the flour and butter

ALLERGENS: Milk, Gluten, Celery, Mustard

For Allergens, always check labelling of specific ingredients used

Method:

1. Grease an oven dish
2. Place the pork chops in the dish
3. Scatter the onions, carrots and celery over them
4. Add the stock
5. Cook in the oven for 30 minutes until tender
6. Remove the pork and vegetables from the stock and keep warm
7. Reserve the stock
8. Mix the honey and mustard with **The Laughing Cow® Nutrient Fortified**
9. Make a roux using the butter and flour, add approx 50mls of stock to the honey & mustard mixture
10. Warm gently until of a sauce consistency –add more stock if required
11. Serve the pork and vegetables with the sauce

- ✓ Versatile cheese ingredient
- ✓ Rich in Protein
- ✓ Rich in Calcium
- ✓ Rich in Vitamin D

