

# Tuscan cabbage, pork & apple casserole



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**Preparation:** about 20 minutes

**Cooking:** about 1½ hours

**Serves:** 6

1 kg pork scotch fillet, trimmed and cut into 4cm pieces

⅓ cup plain flour

¼ cup olive oil

175g rindless bacon rashers, chopped

2 leeks, trimmed, halved lengthways and thinly sliced

2 cups chicken stock

6–8 thyme sprigs

Salt and ground black pepper

2 medium Granny Smith apples, cored and quartered

1 bunch Tuscan cabbage, trimmed

Mashed potatoes, to serve

1. Preheat oven to 180°C. Lightly toss pork in seasoned flour. Heat 2 tbs oil in a large flameproof casserole pan over medium heat. Add pork in batches, and cook, stirring often, until evenly browned. Transfer to a plate. Add remaining oil to pan. Add bacon and leeks and cook, stirring often, for 3–4 minutes until leeks are tender.
2. Return pork to pan. Add stock and thyme. Season with salt and pepper. Cover and bake for 1 hour. Add apples and cabbage and bake for a further 20–30 minutes until apples are just tender. Serve with mashed potatoes.



### Tuscan Cabbage

- One of the richest sources of vitamin C and beta carotene, both important in strengthening our defences against infection. Also provides vitamin K which assists blood to clot after injury. As a bonus, there's also vitamins B1, B2, B3 and B6 – all important for good health.
- Provides many minerals, including calcium (good for bones) and iron (important for healthy blood).
- A good source of two antioxidants called lutein and zeaxanthin, both of which are important for eye health, especially as we grow older.