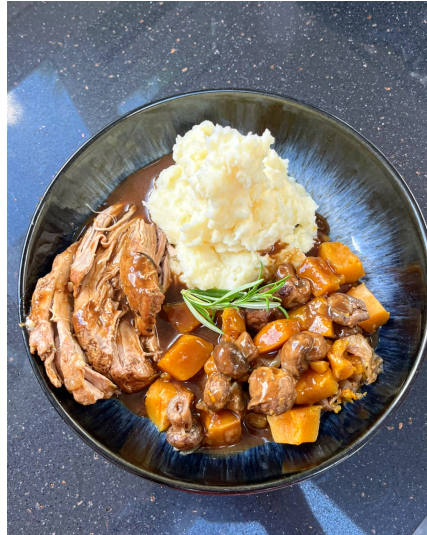


Slow cooker Pork and squash



Serves	Prep Time	Cooking	Total Time	Calories
4 people				503 kcal

Stuff that's in it:

- 500G Pork Loin (Visible Fat Removed)
 - 1 Brown Onion (Peeled, Chopped)
 - 150G Chestnut Mushroom (Sliced)
 - 800Ml Beef Stock (Knor Rich Beef)
 - 2 Garlic Clove (Chopped)
- 2 Tsp Fresh Rosemary (Finely Chopped)
 - 1 Tbsp Olive Oil
- 450G Butternut Squash (Peeled, Cubed)
 - 1 Tsp Dijon Mustard
- 2 Tbsp Plain Flour (Or Cornflour Slurry)
 - 10G Butter
 - 20Ml Milk (Skimmed)
- 800G Maris Piper Potatoes (Peeled, Chopped)
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What you do:

Start by chopping your onion and squash roughly , if your mushrooms are small I don't bother chopping.

Take a large pan , squirt a little oil.

Add the mustard to the fillet of pork and the chopped garlic and rosemary Then add the fillet to the pan with some oil and brown all over.

Remove then fry the squash, onion and mushrooms for a few minutes until soft , remove

Place the veg in the slow cooker , place the pork on top, add the stock and cook for around

3-4 on high , 6-7 hours on low

Peel and Cook the potatoes until soft , then mash and add the butter and milk.

When ready use a slotted spoon to remove the meat and veg

Then add the flour and whisk until thickened

The meat literally falls apart

Enjoy now as a family meal for 4

Or prep for later!!

Nutrition

- Carbs: 55g
- Fat: 14g
- Protein: 35g
- Fibre: 7g
- Saturated Fat: 4g

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