



Roast pork

Prep: 30 minutes • Cook: 2 hours 30 minutes • Serves: 4



Ingredients

1.5kg pork loin joint (100g of cooked pork per person)
1 onion, sliced
1 teaspoon dried sage
4 medium potatoes (approx. 500g), peeled and cut into four
2 tablespoons olive oil
2 stems of fresh rosemary
250g swede, peeled and chopped into chunks
40g unsalted butter
250g spring greens, shredded or 250g carrots peeled and chopped
Cracked black pepper

To serve

15g plain flour
25ml low-salt vegetable stock
60g apple sauce (1 tablespoon per portion)

Nutritional info

Low phosphate ✓
Low potassium ✓
Low fat (less than 3g/100g) ✗
Carbohydrate **30g**
Low protein ✗
Low salt ✓
Cost per portion (June 2022) **£4.12**
Energy in kcals **531**

- 1** Pre-heat the oven to 220°C/ 200°C fan/ gas mark 7. Put the onion into the bottom of a roasting tray and sit the pork on top. Rub the rind with a little olive oil and season the pork with the black pepper and dried sage. Rub it into the skin. Place in the oven for 30 minutes, then reduce the oven temperature to 180°C/ 160°C fan/ gas mark 4 for the remaining cooking time (35 minutes per 500g – so an additional 1 hour 45 minutes for a 1.5kg joint).
- 2** Put the potatoes into a pan of cold water and bring it to the boil. Cook until soft, then drain in a colander. Shake the potatoes to rough the edges up a little. Cover with a tea towel to trap any remaining steam.
- 3** Heat another roasting tin with olive oil in the oven for 5 minutes, then remove and add the parboiled potatoes, turning them to coat in oil. Add the remaining rosemary and return to the oven for 45 minutes.
- 4** Add the swede to a saucepan of cold water and boil until soft, then drain and return the swede to the pan. Add the unsalted butter and black pepper to taste and mash, then keep warm until serving. About 10 minutes before serving, add the shredded spring greens or chopped carrots to a saucepan of water and boil until cooked. Once cooked through, drain and discard the water.
- 5** Remove the pork from the oven, take out of the roasting tray and allow any juices to drain back into the tray. Set the pork to one side, cover with foil and allow to rest for 15 minutes. Put the roasting tray over a low heat on the hob and stir in the flour. Cook until the juices have absorbed. Add the stock slowly, stirring until it thickens to make the gravy. Strain.
- 6** Serve your pork, potatoes and vegetables on warm plates, pour the gravy over the top and serve with apple sauce (optional).