Free range pork: nature's choice / Tesco.

Contributors

Tesco (Firm)
Royal Society for the Prevention of Cruelty to Animals.

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COUPONS INSIDE



F R E E R A N G E P O R K

NATURE'S CHOICE

RECIPES

from
TESCO



0084 11/9/94

FREERANGE PORK NATURE'S CHOICE



Nature's Choice is a range of premium quality foods developed to stringent standards, Tesco Free Range Pork is produced in Norfolk in accordance with the RSPCA Freedom Food scheme. This ensures animals have enjoyed freedom from:

- Hunger and Thirst
- Discomfort
 Pain, Injury and Disease
 Fear and Distress
- And freedom to express Normal Behaviour



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Pork With Ratatouille

Pork Chops With Fruity Stuffing

Orange And Cider Sauce

Serve 6 Cooling (inw 9 minute

Lipsycoline Cooling (inw 9 minute

District 4 Lennes

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TESCO **75P OFF** Free Range Pork Chops

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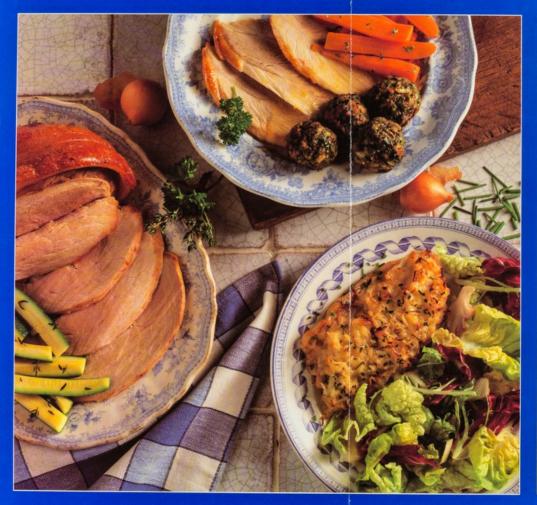
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FREE RANGE FORK
NATURES Boneless Leg of Pork



Rosti Style Steak

- Rosti Style Steak
 Serves 4 Cooking time 35 minutes
 Cooking temperature 200°C/400°F/Cas Mank 6
 Ingredients

 1 large Potato, coarsely grated
 1 Onion, coarsely grated
 4 x 15ml sp (4 thsp) finely chopped Chives
 50g (202) Mature Cheddar Cheese, grated
 15g (½2 oz) Butter, melted
 1 x 5ml sp (1 tsp) ready made English Mustard
 Salt and ground Black Pepper
 4 Nature's Choice Pork Chump Steaks
 Method
 1. Place the potato and onion in a sieve and squeeze
 out as much moisture as possible.
 2. Place the potato, onion, chives, cheese, butter
 and mustard in a bowl and mix well. Season with
 salt and ground black pepper.
 3. Arrange the pork chump steaks in the base of an
 oven proof dish. Pile the filling onto each piece of
 pork and flatten well with the back of a spoon.
 4. Cover and bake in a pre-heated oven for 15
 minutes. Remove the cover and drain off any liquid.
 Cook for a further 20 minutes to allow the topping
 to become crisp.
 Serve with mixed green leaf salad.
 Mushroom And Spinach

Mushroom And Spinach Stuffing Balls

Stuffing Balls

Serves 4

Cooking time 20 minutes

Cooking temperature 180°C/350°F/Gas Mark 4

Ingredients

1 x 15ml sp (1 thsp) Olive Oil

1 small Onion, finely chopped

125g (40z) Mushrooms, finely chopped

175g (60z) frozen chopped Spinach, defrosted

125g (40z) frosh Breadcrumbs

1/4 x 5ml sp (1/4 tsp) ground Nutmeg

Salt and Ground Black Pepper

1/2 beaten Egg

- Salt and Ground Black Pepper

 1/2 beaten Egg

 Method

 1. Heat the oil in a large frying pan and add the onion and mushrooms. Cook for 2-3 minutes.

 2. Drain as much moisture from the spinach as you can. Add the spinach, breadcrumbs, nutmeg and seasoning to the pan and cook for a further 2 minutes.

 3. Stir in the beaten egg a little at a time until the mixture sticks together. Mould into balls the size of a small tomato. Cook around your pork joint for the final 20 minutes of cooking time or in a separate ovenproof dish.

 All lines subject to availability

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