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PORK & LEEK CASSEROLE

Pork & Leek Casserole has a creamy flavour from the mushroom soup and rice milk but is still only a healthy 2% fat!

Serves 2

Per serving 252 kcal/2% fat (excl. accompaniments)

Preparation time 10 minutes

Cooking time 30 minutes

INGREDIENTS

1 leek, trimmed and chopped
1 garlic clove, chopped
200g diced pork
100g baby mushrooms, quartered
1 tbsp Madeira wine
294g tin condensed low-fat mushroom soup
100ml rice milk

METHOD

1. Heat a large non-stick pan and spray with Fry-light rape-seed oil. Dry-fry the leek and garlic until soft. Add the pork and continue cooking until the meat is sealed. Stir in the Madeira wine, mushrooms, then soup, and simmer gently for 15 minutes.
2. Just before serving stir in the rice milk. Serve with 1 yellow Portion Pot® (100g) mashed sweet potato per person and unlimited green vegetables.

