



Easy Paprika Pork Casserole - Serves 4

Ingredients:

- 6 tablespoons plain flour
- 2 tablespoons paprika
- 400g boneless pork steaks, cubed
- 1 large onion, sliced thinly
- 1 red or green pepper
- 1 large carrot
- 2 400g tins chopped tomatoes
- 250-ml carton soured cream, to garnish
- Cooked rice to serve

Method:

1. Preheat the oven to 180°C/Gas Mark 4.
2. Combine the flour, and paprika in a large mixing bowl.
3. Add the pork and toss to coat lightly in the flour mixture.
4. Remove the meat from the flour, shaking off any excess, and place in a deep ovenproof casserole.
5. Arrange the onions and peppers and carrots on top and pour over the tomatoes.
6. Cover the casserole and cook in the oven for 1.5 hours, or until the meat is tender.
7. Remove the casserole from the oven and spoon the soured cream over the top.
8. Serve with rice

Did you know ?

Rice

Brown rice is more nutritious than white rice because it contains bran, which is a source of fibre.

It also contains B vitamins, and essential minerals

Rice is a source of carbohydrate and does not contain any fats.

Carbohydrates give us energy

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