



Pork with Spinach and Apples

Serves : 4

- 1lb pork mince
 - 2oz butter
 - 1tsp coriander
 - 2 medium cooking apples, quartered, cored and sliced
 - 8oz finely chopped spinach
 - 2tsp grated orange rind
 - 1tbsp caster sugar
 - Salt and pepper
 - 5 fl oz soured cream
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1. Heat half butter in frying pan, add pork and stir to break up over a moderate heat to seal, until pork has browned.
 2. Add coriander and season well with salt and pepper.
 3. Add remaining butter, sliced apples, chopped spinach, orange rind, caster sugar and vinegar. Season again.
 4. Cover the pan and cook gently for 5 minutes until apples are tender. Uncover.
 5. Very roughly stir in soured cream and transfer to warm serving dish.