



Baked pork and beans

20'
Hands on

80'
Cook Time

4
Portion(s)

1
Difficulty



Ingredients

- 1 kilo pork, loin
- olive oil, some
- 200 g white wine
- 480 g beans, cans of ready boiled
- thyme, some
- 8 prunes, dried, pit removed
- 1 chicken bouillon cube
- 1 sweet potato, large, peeled and cut into large pieces
- 2 bay leaves
- salt
- pepper

Διατροφικός πίνακας

Nutrition information per portion

423 Calories (kcal)	22.3 Total Fat (g)	7.7 Saturated Fat (g)	20.4 Total Carbs (g)
21%	32%	39%	8%
7.6 Sugars (g)	30.5 Protein (g)	6.8 Fibre (g)	1.1 Sodium (g)
8%	61%	27%	18%

Method

A perfect dish for a cold winter's night!!

- Preheat oven to 170* C (338* F) Fan.
- Remove any fat from the pork and cut into small pieces.
- Place the pieces in a bowl. Add olive oil, salt, pepper, thyme and oregano.
- Let a pan get very hot over high heat. Add the pork in 2 batches. Brown on all sides.
- Transfer to an ovenproof pan.
- Peel the sweet potato and cut into cubes.
- Sauté the sweet potato in a pan with some olive oil. When it turns golden, add half the beans, bouillon cube and bay leaf.
- Chop the dried prunes into small pieces and add them to the pan also.
- Add the wine and simmer for 5 minutes.
- Puree the remaining beans in a blender. Add them to the pan.
- Transfer mixture to pan with pork and add a glass of water.
- Cover with aluminum foil and bake for 1 ½ - 2 hours.
- If the food needs more moisture you can add more water or stock!

Tip

Serve with a warm, crunchy loaf of bread to soak up all of the tasty juices!!