



Pork and vegetable roast

20'

Hands on

75'

Cook Time

4-6

Portion(s)

1

Difficulty



Method

- Cut off the base of the endive, wash them, and dry them with kitchen paper towel. Cut them in half, lengthwise.
- Peel the carrots, turnip, celery root, and beets.
- Cut the carrots into 4 pieces, lengthwise. Cut the celery root into 2 cm cubes, the turnip and the beets into wedges, and add them into a large **bowl** along with the garlic and the coriander seeds.
- Season with salt and pepper and add 70 g olive oil. Mix well.
- Preheat the oven to 180o C (356o F) set to fan.
- Heat a **frying pan** over high heat.
- With a **knife**, score the pork, brush it with 30 g olive oil, season with salt and pepper, and sauté in the hot frying pan, for 1-2 minutes on each side, until golden.
- Transfer the pork pieces onto a large **baking pan**.
- Mix the water with the bouillon cube until it is dissolved into the water.
- Add the vegetables to the baking pan along with the pork, and mix.
- Pour the water over the vegetables, and mix.
- Cover with aluminum foil and roast for 40 minutes. Then, uncover and roast for 30 more minutes.
- Remove the baking pan, add the apple cider vinegar, and stir the liquids with a spatula.
- Allow 10 minutes for the meat to absorb the apple cider vinegar.
- Season to taste, and **serve** with fresh thyme and fleur de sel.

Ingredients

- 3 endive or chicory
- 4 small carrots
- 1 turnip
- 300 g celery root
- 4 beets
- 2 cloves of garlic, finely chopped
- 1 teaspoon coriander seeds
- salt
- pepper
- 100 g olive oil
- 600 g pork leg, boneless, cut into large pieces
- 300 g boiling water
- 1 chicken bouillon cube
- 3 tablespoons apple cider vinegar
- 2 tablespoons fresh thyme, to serve
- fleur de sel, to serve

Διατροφικός πίνακας

Nutrition information per portion

357 Calories (kcal)	18.2 Total Fat (g)	7.8 Saturated Fat (g)	14.1 Total Carbs (g)
18%	26%	39%	5%
13.2 Sugars (g)	29.4 Protein (g)	9.4 Fibre (g)	1.2 Sodium (g)
15%	59%	38%	20%