

# Pork with pineapple and date stuffing



## Ingredients

- 1.25kg (2.5lb) lean British pork joint, boned and rolled loin or leg

### Stuffing:

- 100g (4oz) fresh breadcrumbs
- Small can of pineapple in natural juice, pineapple finely chopped, juice reserved
- 25g (1oz) dates, chopped
- 1 lime, rind and juice of half reserved.

### Glaze:

- 1 x 15ml sp (1tbsp) lime marmalade blended with
- 1 x 15ml sp (1tbsp) pineapple juice

## Method

1. Make the stuffing by mixing the breadcrumbs, pineapple, dates, lime rind and 4 x 15ml sp (4tbsp) reserved lime and pineapple juice to bind it
2. Either stuff the joint or shape into balls
3. Cook the joint at Gas mark 4 - 5, 180 C, 350 F
4. 15 minutes before the end of the cooking time, remove from the oven and brush with glaze
5. Return to oven

**Cooking time: Approximately 90 - 120 minutes**

**Serves 4 - 6 people**

## Ingredients

### Roast Mediterranean Vegetables

- 1 x 15ml sp (1 tbsp) oil
- 1 aubergine (eggplant), cut into large chunks
- 1 red pepper, deseeded and cut into large chunks
- 1 green pepper, deseeded and cut into large chunks
- 1 yellow pepper, deseeded and cut into large chunks
- Salt and black pepper

## Method

- Heat oil in roasting pan
- Toss vegetables in oil and sprinkle with salt and pepper
- Roast for 40 - 45 minutes

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