

## Easy cooking ideas for students with MeatMATTERS.com

With the start of the University term and Freshers' Week fast approaching students will be flying the nest for the first time. MeatMATTERS.com is on hand to help you master some basic recipes to fill your appetite! We will make sure you can fight freshers flu by giving you healthy recipe ideas for the new academic year. Simply log on to [www.MeatMATTERS.com](http://www.MeatMATTERS.com) to feast your eyes on a range of simple yet tasty recipes that are easy to cook and won't break the bank!

Why not kick off the week with the delicious Speedy Roast Pork Dinner. Taking just 40 minutes to prepare this mouth watering dish combines crunchy carrots and apples, with lean pork chops, making it nutritious and delicious. What's more, this recipe won't break the bank!

As Nutritionist Juliette Kellow, comments: "A dish packed with protein can help to keep us fuller for longer so we're less likely to snack on fatty and sugary foods between meals."

The recipe is so easy that you can impress all your new friends with your cooking prowess.

For more delicious recipes visit [www.MeatMATTERS.com](http://www.MeatMATTERS.com).

**- ENDS-**

For more information, recipes and hi-resolution images please contact:

Ekta Sopal at Good Relations  
T: 0207 861 3154  
E: [esopal@goodrelations.co.uk](mailto:esopal@goodrelations.co.uk)

## Speedy Roast Pork Dinner

Feeds: 4  
Time to cook: Approximately 40 minutes  
Oven temperature: Gas mark 6, 200°C, 400°F

### Take

Lean pork chops  
Potatoes  
Carrots  
Onion  
Apples  
Oil  
Packet stuffing mix

### Make

- 1 In a large roasting tray place **2 potatoes**, cut into small 1.25cm( $\frac{1}{2}$ " ) cubes, **2 carrots**, cut into thin wedges, **1 onion**, cut into wedges and **2 eating apples**, cored and cut into wedges. Drizzle with **15ml (1tbsp) oil**. Score the rind of **4 lean pork chops** with a sharp knife and rub with a little **oil** and **salt**, place into the roasting tin on top of the vegetables (or on a separate tray).
- 2 Meanwhile make up **85g packet stuffing mix** according to the manufacturers instructions. Shape into 8 balls and add to the roasting tin. Cook in a preheated oven for 35-40 minutes, turning the chops halfway through.

### Eat

Serve the roast dinner with gravy and extra green vegetables

