



Apple and Pork Pats

NIBBLEDISH CONTRIBUTOR

Ingredients

200g lean pork mince
1 apple
100ml hot vegetable stock
some cornflour
bit of oregano
bit of thyme
1 tbsp sage
1 tsp cinnamon
some lemon zest
1 small egg, beaten
some flour
half a red onion, chopped

Instructions

- 1) Chop the apple into 10 wedges.
- 2) Mash two of the wedges and mix with the mince, herbs and zest.
- 3) Add some of the egg into the mixture, with a bit flour if it gets too sticky.
- 4) Make 8 balls out of the mixture.
- 5) Fry the balls over a low heat, turning them frequently to make sure they don't burn.
- 6) Mix a bit of cornflour into the stock and add to the pan.
- 7) Add the onions and apple wedges and leave to simmer until everything is piping hot.
- 8) Serve with cheesy mash!