

APPLE CINNAMON PORK ROAST

Time: 60 minutes

Serves: 6

Ingredients:

1kg boneless pork loin roast
20g salt
4g ground cinnamon
1g fresh ground black pepper
1 small onion – diced
2 apples – peeled, cored and sliced
100g water
100g honey
80g butter

Preparation:

Sprinkle the salt, cinnamon, and pepper evenly around the roast, then place it in the pressure cooker.

Top the roast with the remaining ingredients.

Pressure cook at high pressure for 40 minutes, beginning timer once pressure is reached.

Remove from heat, vent pressure, and serve.

Nutritional Information Per Serving:

Calories: 540	Hand-Size Portion Guide
Fat: 27.6g	Palms of Protein: 2
Carbs: 24.2g	Fists of Vegetables: 0
Fibre: 1.8g	Cupped Hands of Carbs: 1
Protein: 48.5g	Thumbs of fat: 0