



# Roasted pork with nuts and dried fruit (texture modified diet)

## Ingredients (serves 1)

120 g lean pork (or chicken, rabbit, or turkey)	10 g raisins
1 small onion	12 g plums
2 small tomatoes	10 g almonds
3 dried apricots	1 tbsp extra virgin olive oil
Salt (skip in case of hypertension or fluid retention)	Pepper

## Method

1. Cut the pork into small cubes and season with pepper.
2. Gently fry in a pan with some olive oil until the meat is browned. Reserve.
3. In the same pan, add a chopped onion and sauté.
4. Once the onion is cooked, add the grated tomato and sauté at very low heat.
5. Chop the dried apricots, plums and almonds.
6. Once the tomato has cooked for some time, add the meat. Add some water (or stock) to cover the meat and let it simmer or slowly stew.
7. Halfway through the cooking, add the almonds and dried fruit. Season with salt.
8. Cook until obtaining a juicy stew that should not be runny.
9. Separate the sauce, nuts, and dried fruit. Blend with a the stock to obtain a smooth sauce. Season with salt and pepper and add chopped parsley.
10. Place the rest of the stew in a tall container, add water, milk, or stock to make it smooth, and blend until obtaining a thicker purée. Salt and strain for a finer result.
11. Serve the sauce with little portions of the purée on top.

## Recommendations

In the case of dysphagia, the sauce and the thick purée must be blended together, to avoid different textures in the same dish.