**Braised mustard pork and vegetables**

Serves 4

* 300g Savoy cabbage, cut into wedges
* 8 baby leeks, trimmed
* 1 bulb fennel, cut into wedges
* half tsp sage or thyme
* good pinch pepper
* 1 vegetable stock cube, dissolved in 400ml boiling water
* 1 tsp rapeseed oil
* 4 lean pork steaks (300g)
* 3 tsp Dijon mustard

1. Preheat the oven to 170°C/ gas 3. Arrange the vegetables in an ovenproof dish, sprinkle with the sage or thyme and pepper, and pour over the stock.
2. Add the oil to a hot pan. Add the pork steams and cook for 11⁄2 minutes on each side until browned.
3. Place the pork on top of the vegetables and smear with the mustard.
4. Cover the dish tightly with foil and bake for 11⁄4–11⁄2 hours. Check after 1 hour and if the liquid has evaporated, add a little hot water.