



A Fillet of Pork at just under £3 seemed a good starting point for this recipe.

Ingredients:-

- 1 Pork Fillet, butterflied
- 1 Small Onion, finely diced
- 1 Tsp of Dried Sage
- 2 Tbsp of Cashew Nuts, powdered in a food processor
- 100g of Bread Crumbs (Gluten free for us)
- 1 Egg, beaten
- 2 Tbsp of Olive Oil
- 1 Tbsp of Pork Seasoning - See below
- 6 Rashers of Bacon
- 300ml of Milk (Lactose free for us)
- ½ Lemon, juiced
- 2 Tbsp of Margarine
- Salt & Pepper to season

Ingredients Pork Seasoning:-

- 2 Tsp of Brown Sugar
- ½ Tsp of Smoked Paprika
- ½ Tsp of Cumin Powder
- ½ Tsp of Onion Powder
- ½ Tsp of Garlic Powder

½ Tsp of Cayenne Pepper powder

Method:-

- (1) Combine the Milk and Lemon Juice in a jug and allow to sit for 5 minutes. Seasoning with Salt & Pepper.
- (2) In a bowl add the Pork Fillet and pour over the Milk mix, cover and place in the fridge for 2 hours.
- (3) Pat the Pork dry with kitchen paper and cut lengthways to butterfly.
- (4) Rub the Pork with a little Oil on all sides and then rub with the Pork Seasoning.
- (5) Set aside until you have your Stuffing ready.

To Make the Stuffing:-

- (1) Heat Oil and Margarine in a pan.
- (2) Fry the Onions on a low heat until softened.
- (3) Add the Sage and Cashew Nut Powder and simmer for 2 minutes.
- (4) Add the Breadcrumbs and stir in.
- (5) Remove from the heat and allow to cool.
- (6) Stir in the Egg and combine well.

Assembling:-

- (1) Generously spread the stuffing on one side of the butterflied Fillet.
- (2) Wrap the Bacon around and secure with cocktail sticks.
- (3) Place on Parchment Paper in the oven preheated to 170c and cook for 30 to 40 minutes.
- (4) Slice diagonally and serve.

We served ours with plain boiled Rice, Cider and Onion Sauce and some Broccoli, it didn't really need anything more flavour wise.