

When a Fillet of Pork is less than half the price of a Chicken.....

Ingredients:-

1 Pork Fillet, butterflied
100g of Bacon Lardons
5 Mushrooms, finely diced
1 Small Onion, finely diced
3 Cloves of Garlic, minced
2 Tbsp of Parsley, chopped
3 Tbsp of Breadcrumbs (Gluten free for us)
Salt & Pepper to season
The Zest and Juice of a Lemon
Oil to fry

Method:-

(1) Add Oil to a frying pan and over a medium heat fry the Bacon, until crispy.
(2) Remove and set aside.
(3) In the same pan add the Onions and fry until softened.
(4) Add the Mushrooms & Garlic and season with Salt and Pepper.
(5) Allow to simmer for 5 minutes.
(6) Return the Bacon to the pan and add the Breadcrumbs.
(7) Add the Parsley.
(8) Mix well and then remove from the heat and allow to cool.
(9) Slice the Fillet lengthways to butterfly, but don?t cut right through.

(10) Hammer out with a Meat hammer so it is thin enough to roll when stuffed.
(11) Spread the stuffing over the Fillet and close. String up so the stuffing remains in the pocket of the meat.
(12) Secure the ends with skewers.
(13) Heat a frying pan heat Oil to a high heat and sear the meat on all sides.
(14) season with Salt & Pepper are brush with Oil.
(15) Add to a baking tray and place in a pre-heated oven at 160c and cook for 20 minutes.
(16) Remove and cover with foil to rest.
(17) Mix the Parsley, Olive Oil, and Lemon.
(18) Drizzle over before slicing into 2cm cuts.

We served ours with Roasted Beetroot, Parsnips, Minted Potatoes and Peas.