



There's an offer on British Pork at the local Supermarket at the moment. So a whole Pork Fillet cost a little over £2. We had a few bits & Bobs in the fridge which needed using up including some Polish Paté. So here's our take on Pork Fillet Wellington.

Ingredients:-

A whole Pork Fillet
200g of Mushroom Paté
100g of sliced Chorizo
4 Medium Mushrooms, chopped
½ a Red Onion, chopped finely
Puff Pastry (Gluten free Just Roll here ? Lazy I know!)
Oil to fry
Salt & Pepper
1 Egg beaten for an Egg wash

Method:-

- (1) Sauté the Onion in a frying pan with a little Oil and add the Mushrooms.
- (2) Set aside to cool.
- (3) Sear the Fillet on all side to brown slightly and set aside.
- (4) When both are cool spread the Pastry out on a board cover in kitchen parchment.
- (5) layer the Chorizo over the Pastry allowing space on all side so you can stick the Pastry parcel together.
- (6) Spread the Paté over the Chorizo in a generous layer.

- (7) Spread the Sautéed Mushrooms and Onion over the Paté in an even layer.
- (8) Place the Fillet in the middle of the Pastry and lifting one edge of the Pastry roll to make a cylindrical parcel.
- (9) Fold the ends of the parcel in and seal all the edges with Egg wash.
- (10) Pre heat the oven to 180c.
- (11) Brush all the visible Pastry with Egg wash.
- (12) Use the parchment to lift the parcel onto an oven tray.
- (13) Place in the oven and cook for 30 minutes until the pastry is browned.
- (14) Remove from the oven and allow to rest for a further 10 minutes. The Fillet will continue to slowly cook.
- (15) With a sharp knife slice diagonally into thick slices and plate up.

We served ours with a Red Wine Jus, made with a Red Wine Stock Pot and seasonal vegetables. Quite a treat and well within budget as it lasted us for two meals.