



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.