

The British Pork offer at the local supermarket meant this this rather large whole loin was just over £3. It deserved something special, so Sue went to work on it!

Ingredients:-

1 Pork Tenderloin, butterflied
6 Cloves of Garlic, minced
8 Shallots, finely diced
4 Sundried Tomatoes, finely diced
4 Sliced of Smokey Bacon, finely diced
A Handful of Basil Leaves, finely chopped
1 Tbsp of Dairy free Margarine
175ml of White Wine
120ml of Almond Milk
2 Tbsp of Ground Almonds
½ Tsp of American style Yellow Mustard
The juice of a Lemon
2 Tbsp of Oil
Salt & Pepper to Season
Parsley to Garnish

Method:-

(1) In a pan over a medium heat add the Margarine and 1 Tbsp of Oil.
(2) Add the Bacon and fry for 5 minutes.

(3) Add the Shallots frying until softened, then add the Garlic.
(4) Fry for a further minute.
(5) Add the Sundried Tomatoes, Basil and Lemon Juice, allowing to simmer for 2 minutes.
(6) Remove from the heat and allow to cool.
(7) Season the Pork with Salt & Pepper.
(8) Spread half of the cooled mixture inside the Loin and tie with Kitchen String.
(9) Add the remaining Oil to a fresh pan and sear on all sides over a high heat.
(10) Remove from the pan and place in an oven proof dish.
(11) Cover with foil and place in a pre-heated oven at 170c for 20 minutes, or until the Pork is cooked through.
(12) Return the remaining mixture to a medium head.
(13) Add the White Wine and simmer for 5 minutes.
(14) Combine the Ground Almonds with the Almond Milk and add to the sauce.
(15) Stir to avoid it sticking to the pan and add the Mustard.
(16) Remove the Pork and allow to rest for 10 minutes.
(17) Cut into thick sliced and pour over the sauce.
(18) Garnish with Parsley.

We served ours with Corn on the Cob, New Potatoes and Broccoli and it was a real treat.