

# Stuffed Pork Fillet



Serves: 2    Prep Time: 15 mins    Cook Time: 15 mins

OK to Freeze?



Complexity:



## Ingredients

- 1 Pork fillet
- 1 orange
- Salt and pepper to taste
- 8 pitted prunes
- 6 slices very thin prosciutto (optional)
- 30g butter
- ¼ red onion peeled and finely sliced
- 1 tablespoon olive oil
- ½ teaspoon Dijon mustard



## Method

1. Trim the pork fillet of any sinew or fat and discard.
2. Place the pork fillet on a sheet of baking paper.
3. Cut halfway through the fillet down the centre lengthways along the entire length. (careful not to cut through completely)
4. Cover with a sheet of plastic wrap. (Best to not use the meat mallet directly onto the protein to avoid cross contamination.)
5. Using a meat mallet flatten the fillet along the thick edge. (not in the centre where you may make holes.) The aim is to end up with a rectangle.
6. Finely grate the orange zest over the flattened fillet.
7. Season with a little salt and pepper.
8. Place the prunes along the nearside edge and roll the fillet tightly.



Step 4

9. Lay the prosciutto on another sheet of baking paper slightly overlapping each other.
10. Place the rolled pork on the near side edge and roll tightly to form a log. Tie at intervals with cooking twine.
11. Refrigerate for 10 minutes.
12. Preheat the oven to 220°C.
13. Melt the butter in an oven proof pan, large enough to take the fillet over medium high heat. Brown the pork fillet all over until lightly golden and place the pan in a preheated oven and cook for 15 minutes.
14. Remove from the oven and place the pork on a warm plate covered loosely with foil to rest for 10 minutes. (do not wash the pan).
15. Place the pan over medium heat and add the onion with a little oil. Cook, stirring for about three minutes or until onion is soft but not brown.
16. Squeeze the juice from the orange into the roasting pan and add the mustard to deglaze by stirring all the lovely roasting bits into a sauce.
17. Taste and adjust the sauce with salt if required and maybe a pinch of sugar, depending on the sweetness of the orange juice.
18. Slice the pork on the angle and drizzle with the sauce before serving with roasted vegetables.

## Comments



No grains, gluten, dairy or nuts.