

There was a whole Pork Fillet with a yellow sticker at £2.45 in the discount fridge. Well that deserved a decent recipe and quite a few of our recent meals have either been under budget or they have fed us for two days. So?..

Ingredients:-

450g Pork Fillet
1 Onion, finely diced-be150g Mushrooms, finely sliced
1 Tsp of dried Sage
1 Tsp of Mixed Herbs100g Spinach
1 Tbsp of fresh Parsley, chopped
50g of Butter / Margarine
10 Sliced of Prosciutto
50g Pate
500g of Puff Pastry (Gluten free for us)
Eggs, beaten for an Egg Wash
Flour to dustWe served ours with New Potatoes, Purple Sprouting Broccoli and Corn on the Cob. A real treat and well worth the effort.
2 Cloves of Garlic, minced
Oil to fry

Method:-

(1) Sear the Pork fillet on all sides in a little Oil. Leave it to rest and cool.
(2) Fry the Onions in the same pan adding a little Butter / Margarine until softened.
(3) Add the Mushrooms & Garlic and fry over a low heat for a few minutes.
(4) Add the Herbs and season.

(5) Cook for a further 2 minutes and set aside.
(6) Heat Oil in another pan and wilt the Spinach. Set aside to cool and the squeeze out any excess liquid.
(7) Chop the cooled Spinach and add to you first pan to absorb all the juices.
(8) On a board overlap two pieces of cling film.
(9) Lay the Prosciutto on the cling film in two rows slightly overlapping.
(10) Spread the Pate over the Prosciutto then sit the Pork fillet on top.
(11) Pack with the Mushroom combination and then add the Spinach on top.
(12) Using the cling film draw the Prosciutto around the Pork fillet.
(13) Roll into a sausage shape, twisting the cling film around the ends and chill for 30 minutes.
(14) Dust your work surface with flour and roll our Pastry.
(15) Undo the cling film and roll the contents onto one side of the Pastry.
(16) Fold the Pastry over and crimp the edges to encase everything.
(17) Preheat the over to 180c.
(18) Brush the Pastry with the Egg Wash and place in the over for 30 minutes.

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