



Pork Fillet stuffed with Brie, Sundried tomatoes and basil with a white wine and mustard reduction

Serves: 4



Ingredients:

- ♥ 1 pork fillet
- ♥ Coarse Salt
- ♥ Cracked black pepper
- ♥ 125g brie, cut into pieces
- ♥ 15 sundried tomatoes in oil
- ♥ 3 tsp Basil pesto
- ♥ Olive oil
- ♥ 2 cups (500ml) milk
- ♥ 125ml dry white wine
- ♥ 500ml cream
- ♥ 2 tbsp whole grain mustard
- ♥ 1 tsp Dijon Mustard
- ♥ Pink lady apple sauce
- ♥ 4 x pink lady apples, cored and chopped
- ♥ 175ml water
- ♥ 65 ml sugar
- ♥ 2.5ml cinnamon, ground

Method:

Rinse the pork and pat dry. Butterfly the pork: Make a 1-inch-deep incision down the length of each fillet; do not cut all the way through. Open the meat like a book so the fillet lies flat.

Cover the pork with plastic wrap; pound with the flat side of a meat mallet until about 5mm thick - starting from the middle and working outward.

Season the fillet and spread the basil pesto over the fillet and then put the brie as well as sundried tomatoes pieces on top of the fillet. Roll the fillet up, and secure it with toothpicks.

Drizzle olive oil over the fillet, season again and put it in the oven at 200C for about 15 minutes depending on the size and thickness. Let it stand for 5 minutes and slice the pork rolls. Served with a white wine and mustard reduction, pink lady apple sauce and fresh rocket.

White wine and Mustard reduction

Finely chop the onion and lightly fry in a tiny bit of olive oil. Add wine and simmer until reduced by about half. Stir in mustard and then add the cream and simmer the sauce until slightly thickened, about 4 minutes, Add seasoning to taste.

Pink lady apple sauce

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with potato masher or kitchen blender.



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