






Cooking Made Easy

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Pork and Apple Roulades with Herbed Cannellini

We're all about new experiences at the Fresh Farm. Last week Ed swapped his regulation chinos for a pair of jeans and we're pretty sure Luke has bought the new One Direction single. In that spirit of adventure we've got a new cooking technique for you to master this evening. You'll be working on your knife skills to whip up an apple-stuffed pork fillet with some deliciously sage-y cannellini. Boy band playlist optional (though preferable)!

 40 min

 gluten free

 healthy



Green Apple



Garlic Clove



Vine Tomato



Netherend Butter



Sage




Cannellini Beans




Pork Tenderloin

Ingredients

	2P	4P
Green Apple, chopped	1	2
Garlic Clove, diced	1	2
Vine Tomato, chopped	2	4
Netherend Butter 1	1 tbsp	2 tbsp
Sage	2 leaves	4 leaves
Organic Cannellini Beans	1 tin	2 tins
Pork Tenderloin	1	2

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Milk

Nutrition per serving: Calories: 421 kcal | Protein: 44 g | Carbs: 41 g | Fat: 10g | Saturated Fat: 3 g



1 Pre-heat the oven to 180 degrees. Peel the apple and then chop it into tiny ½cm cubes. Peel and finely dice the garlic. Chop the tomatoes into 1cm cubes.



2 Heat 1 tbsp of butter in a small pan on medium-low heat. Add the apple and gently cook for around 6 mins. Add a small pinch of salt then tear in half of the sage leaves. Remove the apple from the pan and leave to cool.



3 In that same (now empty) pan add 1 tbsp of olive oil on medium-low heat. Once warm add in the garlic for a minute. After a minute add in the tomatoes and ¼ tsp of sugar (if you have some) and ¼ tsp of salt.



4 After a few mins add in the drained cannellini beans with ¼ tsp of salt and some pepper. At this stage if you have a drop of white wine handy add a few tbsp to the pan too. Tear in the remaining sage leaves. Leave to gently bubble away for around 10 mins until it has thickened up a bit.

5 Insert your knife into the larger end of the pork to make an incision. Push the knife into the fillet all the way to the end to make a deep pocket for the stuffing. The pocket should be as wide as possible without actually splitting the sides of the fillet.

6 Use your fingers to stuff the apple filling into the pork. Rub over a drizzle of olive oil and season with a pinch of salt and pepper. Heat 2 tsp of olive oil in a non-stick pan on high heat. Once hot add the pork and cook for a minute on each side to brown it off.

7 Place the pork on a baking tray on the top shelf of the oven for 12 mins.

8 Once the pork comes out of the oven leave it to rest for 5 mins. Test the cannellini beans are soft and seasoned enough. Slice the pork (be careful the stuffing doesn't fall out) and lay it over your sage-infused beans. Top notch!