






More Than Food

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Pork and Apple Roulades with Herbed Haricot Beans

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 haricot beans. Boy band playlist optional (though preferable)!

 40 mins

 gluten free

 healthy



Green Apple



Garlic Clove



Vine Tomato



Sage




Organic Haricot Beans



Pork Fillet

Ingredients

	2P	4P
Green Apple, chopped	1	2
Garlic Clove, chopped	1	2
Vine Tomato, chopped	2	4
Sage	2 leaves	4 leaves
Organic Haricot Beans	1 tin	2 tins
Pork Fillet	1	2

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



2 Heat 1 tbsp of oil in a small frying 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 drain and add in the haricot beans with a pinch 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 frying 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 haricot 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!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!