

Rolled Pork Slices, Rosemary Roast Potatoes & Spiralised Courgettes



Serves 6

Prep 10mins

Cook 20 mins

Ingredients

50g sultanas or ready to eat apricots
25g pine nuts
100g prosciutto, finely chopped
3 tbsp white breadcrumbs
6 pork escalopes
3 tbsp olive oil + extra to sprinkle over the potatoes
a glass of dry white wine
200g tin chopped tomatoes
8 basil leaves roughly torn
3 courgettes, spiralised
1.5 kg new potatoes
3 sprigs of rosemary, finely chopped

Essential equipment: spiraliser

1. Chop the sultanas and nuts then mix them with the prosciutto and the breadcrumbs. Put the pork between two layers of plastic film and beat with a rolling pin to roughly 5 mm thick, then spread some of the mixture over each slice. Roll up tightly then secure the rolls with a cocktail stick or tie a little fine string around each one.
2. Heat the oil in a frying pan and gently brown the pork rolls before adding the wine, tomatoes and basil. Stir to scrape and bits from the bottom of the pan, cover and cook gently for 20 minutes until the meat is tender. Remove the cocktail sticks or string from the rolls and serve with the sauce.
3. Parboil the potatoes for 10 minutes, drain and put in a roasting tin. Sprinkle over the rosemary and roast in the oven at 180C for 20 mins.
4. Spiralise the courgettes just before serving. One courgette is enough for two people.