

Spiced Pork Fillet with Shallots & Apple



Serves 2 **Prep 30 mins** **Cooking 30 mins** **Easy**

Ingredients

350g piece pork fillet, cut from the middle of the fillet
1 tbsp olive oil
25g butter
1 large banana shallot, halved (keep skin on)
1 tsp plain flour
100ml white wine
300ml chicken stock
2 "cheeks" from 1 Granny Smith apple

1. Heat the oven to 220C/ Fan 200C/ Gas 7. Season the pork. Heat the oil in a frying pan and brown the pork well all over. Remove from the pan and wrap tightly in foil to create a rounded sausage shape, twisting the end so you have a cylinder. This can be done the day before and kept in the fridge.
2. Heat the butter in an ovenproof frying pan and sizzle the shallot, cut side down for 5 mins until slightly charred. Baste with the butter in the pan and add the pork roll, still in its foil. Put in the oven for 20 mins, turning the pork once. Remove the pork and shallot and keep warm.
3. Sizzle the flour in the pan over a medium heat, then add the wine and reduce until there is almost no liquid left. Add the stock, simmer to make a sauce and keep warm.
4. Cut the fillet, still in its foil, into two and slice each piece on the angle lengthways so you have four pointed pieces. Remove the foil and pour any juices into the sauce.
5. Finely slice each apple cheek, then fan out one on each plate, sitting a piece of pork on top and the shallot and the other piece of pork beside it. Drizzle with sauce and serve.

