



The British Pork offer at the local supermarket meant this this rather large whole loin was just over £3. It deserved something special, so Sue went to work on it!

Ingredients:-

1 Pork Tenderloin, butterflied
6 Cloves of Garlic, minced
8 Shallots, finely diced
4 Sundried Tomatoes, finely diced
4 Sliced of Smokey Bacon, finely diced
A Handful of Basil Leaves, finely chopped
1 Tbsp of Dairy free Margarine
175ml of White Wine
120ml of Almond Milk
2 Tbsp of Ground Almonds
½ Tsp of American style Yellow Mustard
The juice of a Lemon
2 Tbsp of Oil
Salt & Pepper to Season
Parsley to Garnish

Method:-

- (1) In a pan over a medium heat add the Margarine and 1 Tbsp of Oil.
- (2) Add the Bacon and fry for 5 minutes.

- (3) Add the Shallots frying until softened, then add the Garlic.
- (4) Fry for a further minute.
- (5) Add the Sundried Tomatoes, Basil and Lemon Juice, allowing to simmer for 2 minutes.
- (6) Remove from the heat and allow to cool.
- (7) Season the Pork with Salt & Pepper.
- (8) Spread half of the cooled mixture inside the Loin and tie with Kitchen String.
- (9) Add the remaining Oil to a fresh pan and sear on all sides over a high heat.
- (10) Remove from the pan and place in an oven proof dish.
- (11) Cover with foil and place in a pre-heated oven at 170c for 20 minutes, or until the Pork is cooked through.
- (12) Return the remaining mixture to a medium heat.
- (13) Add the White Wine and simmer for 5 minutes.
- (14) Combine the Ground Almonds with the Almond Milk and add to the sauce.
- (15) Stir to avoid it sticking to the pan and add the Mustard.
- (16) Remove the Pork and allow to rest for 10 minutes.
- (17) Cut into thick sliced and pour over the sauce.
- (18) Garnish with Parsley.

We served ours with Corn on the Cob, New Potatoes and Broccoli and it was a real treat.