

Prosciutto-wrapped pork fillet with tamarillo salsa



Photography by Steve Brown

Preparation Time

5 minutes

Cooking Time

12 minutes

Ingredients (serves 4)

- 2 pork fillets (about 500g)
- 12 fresh sage leaves
- Salt & freshly ground pepper
- 6 slices prosciutto (about 100g)
- 2 tbs olive oil
- 2 firm tamarillos
- 1/2 small red onion, finely diced
- 2 tsp brown sugar
- Mashed potato, to serve

Method

1. Preheat oven to 200°C. Lay sage leaves over pork fillets, season with salt and pepper and wrap with prosciutto to enclose.
2. Heat olive oil in a heavy-based frying pan over a moderately high heat. Cook pork fillets for 5-7 mins, turning to ensure even browning.
3. Place pork fillets onto a baking tray and cover loosely with foil, roast for another 7 mins or until cooked to your liking.
4. Meanwhile, peel tamarillos and finely dice. Toss with red onion and brown sugar. Season with a little salt to taste.
5. Serve the warm pork fillet sliced with mashed potato and drizzled with the tamarillo salsa.

Nutritional information

This information is per serve.

Protein	Dietary Fibre
-	-
Fat Total	Energy
15.00g	1255kJ
Fat Saturated	Sodium
3.50g	-
Carbohydrate Total	Cholesterol
4.00g	-
Carbohydrate Sugars	
-	

Notes

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Source

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