



Rye & Rosemary Crusted Fillet

INGREDIENTS

- 500g whole Trim Pork fillets
- ½ cup of rye bread crumbs
- 2 Tablespoons fresh rosemary, chopped finely
- 2 Tablespoons lemon juice
- 2 Tablespoons olive oil
- Salt and freshly ground black pepper, to taste.

METHOD

1. Preheat oven to 170°C.
2. Trim off any sinew or fat from the fillet.
3. Place the rye bread crumbs, rosemary, lemon juice and olive oil in a bowl and mix well. Season to taste.
4. Place the crumb mixture on a flat plate.
5. Roll the fillet in the mixture to coat.
6. Place coated fillet on baking tray and roast for 25-30 minutes, turning once. (If you have a meat thermometer roast until internal temperature of 71°C)
7. Allow to rest for 5 minutes before serving

TO SERVE

Serve sliced in half diagonally with mashed potato and a crisp green salad.

Preparation Time – 5 mins

Serves 4

Cook Time – 30 minutes

Alternative Crust Idea

Instead of the Rye and Rosemary simply coat the fillet with prepared basil pesto or make your own by blending together in a food processor
1 cup basil leaves, 1 clove garlic, ¼ cup roasted cashew nuts, 2

Tablespoons each of lemon juice and olive oil. After blending stir in 2 Tablespoons grated parmesan.

Basil & Cashew Nut Fillet

