



# 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.

**Preparation Time** – 5 mins

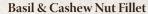
Cook Time-30 minutes

Serves 4

## 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

in 2 Tablespoons grated parmesan.





Tablespoons each of lemon juice and olive oil. After blending stir

## **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.



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