

PORK FILLET WITH CREAMY WINE AND PRUNE SAUCE

Serves 2

Takes about 15 mins

225g	(8oz)	Lean pork tenderloin, cut into medallion slices
15ml	(1tbsp)	Oil
1		Clove garlic, squashed
25g	(1oz)	Dried prunes, roughly chopped
90ml	(6tbsp)	White wine
45ml	(4tbsp)	Crème fraîche
30ml	(2tbsp)	Fresh parsley, chopped



Heat oil in shallow pan and cook medallions of pork with garlic, until coloured on all sides about 8-10 minutes.

Add prunes and white wine and allow to reduce slightly. Lower heat and add crème fraîche, heat through slowly.

Sprinkle with parsley and serve straight away with sautéed potatoes and seasonal green vegetables.

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