



READY TO COOK
BY HARRIS FARM

PORK FILLET WITH ITALIAN OLIVE TOMATO SAUCE, ROASTED POTATOES & PAN COOKED ASPARAGUS



PREP
10 min



COOK
30-45 min

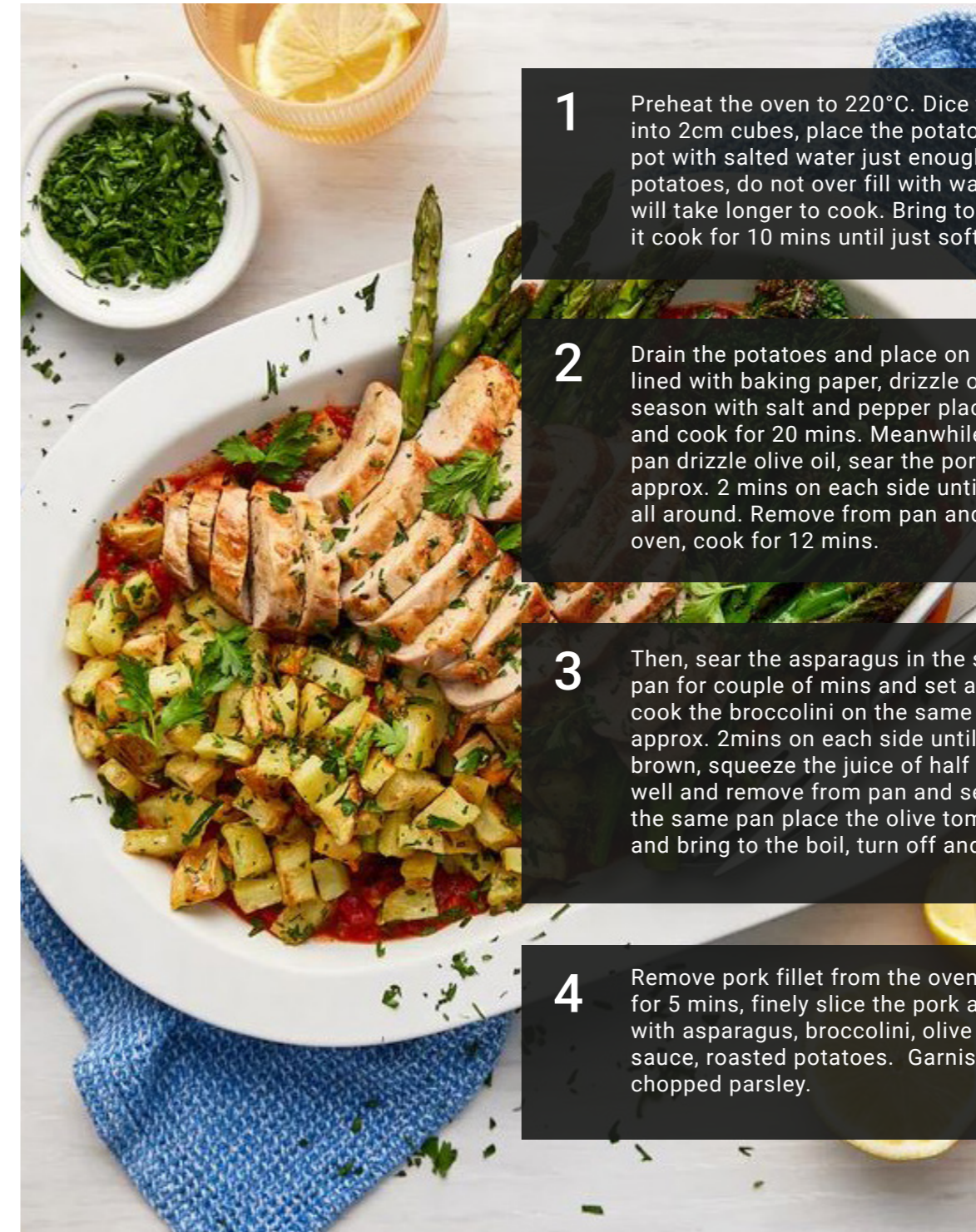


SERVES
4

INGREDIENTS:

- > 1 Pork Fillet
- > 400g Pasta Sauce
- > 2 Bunches of Asparagus
- > 1 Bunch of Broccolini
- > 700g Low Carb Potatoes
- > ½ Bunch of Parsley
- > 1 Lemon

METHOD - GET COOKING!



1 Preheat the oven to 220°C. Dice the potatoes into 2cm cubes, place the potato cubes into a pot with salted water just enough to cover the potatoes, do not over fill with water because it will take longer to cook. Bring to the boil and let it cook for 10 mins until just soft.

2 Drain the potatoes and place on a baking tray lined with baking paper, drizzle olive oil and season with salt and pepper place in the oven and cook for 20 mins. Meanwhile, in a hot frying pan drizzle olive oil, sear the pork fillet for approx. 2 mins on each side until golden brown all around. Remove from pan and place in the oven, cook for 12 mins.

3 Then, sear the asparagus in the same frying pan for couple of mins and set aside, then cook the broccolini on the same pan for approx. 2mins on each side until golden brown, squeeze the juice of half a lemon. Toss well and remove from pan and set aside. On the same pan place the olive tomato sauce and bring to the boil, turn off and set aside.

4 Remove pork fillet from the oven and let rest for 5 mins, finely slice the pork and serve with asparagus, broccolini, olive tomato sauce, roasted potatoes. Garnish with freshly chopped parsley.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Use leftover potatoes for roasting on another dish or simply boil them and put them into a salad.



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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