

## Perfect pork roast

This cooks really quickly, so you won't need to spend all day in the kitchen – yay!

Ready in 50 mins + resting

- 1 537kJ per serving
- 13g fat • 5g sat fat

- 2 x 450g pork tenderloins/fillet
- 180g Parma ham (you'll need about 16 slices) or streaky bacon

### FOR THE STUFFING

- 225g pork sausage meat
- 3 shallots or 2 medium onions, finely chopped
- 1tbsp sage, freshly chopped
- 100g dried apricots, finely chopped
- 1 clove garlic, crushed

### FOR THE JUS

- 200ml red wine
- 1tbsp redcurrant jelly

**1** Heat the oven to 190°C. Make a slit along the length of each **tenderloin** and put clingfilm over the meat. Bash gently with a rolling pin until the pork is an even thickness.

**2** Mix together **all the stuffing ingredients** and season well. Press stuffing in a line down the middle of the pork, then roll the pork up and wrap each loin tightly in **Parma ham**, overlapping each slice. Put onto a lightly oiled baking tray. Roast for 35 mins. Transfer to a warm plate and cover loosely with foil. Leave to rest for 15 mins before slicing.

**3** For the jus, heat meat juices in the roasting tin on the stove, add the **wine** and **redcurrant jelly** and bring to the boil. Simmer until reduced by half. Season well, add any juices from the rested pork and heat through for 1 min. Serve with the sliced pork.

## FASTEST ROAST RED ONION & APPLE CHUTNEY

Ready in 30 mins • 605kJ per serving • 7,5g fat • 0,6g sat fat

Heat oven to 190°C. Put 4 red onions, peeled (leaving bases intact) and each cut into 6 wedges, in a roasting tin, drizzle with 1tbsp olive oil and ½tbsp honey, season and roast for 10 mins. Meanwhile, mix 4 apples, cored and thickly sliced, with 1tbsp cider vinegar, then add to the onions with a few torn sage leaves. Stir well and roast for 15 mins, until apples are soft. Stir through 50g toasted hazelnuts before serving.

## To drink

- ◆ The slightly sweet stuffing in the pork goes well with Journey's End Haystack Chardonnay 2009, R55, which has a lovely combination of ripe fruit flavours and creaminess.

