

Ingredients needed for: ____/____/____ Name: _____

STUFFED PORK LOIN WITH MUSHROOMS AND HERBS

Ingredients

1 pork tenderloin/fillet
25g butter
1 small onion
Spring of thyme
100g mushrooms
100g breadcrumbs
1 lemon
1 egg
Salt and pepper

Equipment

Red chopping board
Non slip mat
Small sharp knife
Butchers string
Cling film
Food processor
Frying pan
Small bowl
Meat mallet
Pastry brush
Fork
Jug
Baking tray and paper

Method

1. Preheat the oven to 200°C.
2. Peel the onion and remove any dirt from the mushrooms with a brush.
3. Make the stuffing by pulsing together the onion and mushrooms. Heat a frying pan and sauté the onion and mushrooms until lightly browned. Add the thyme leaves and season. Place into a bowl to cool.
4. Slice the pork lengthways to start to open it out, then cover with cling film.
5. Flatten with a meat mallet to produce a rectangle of meat.
6. Once cooled, add the zest and juice of the lemon to the stuffing, and lightly whisk the egg before adding that too. Mix all of the stuffing ingredients well.
7. Lay the stuffing onto the flattened pork, and spread out across the surface in an even layer.
8. Roll out the meat tightly and secure using the string, using butchers' knots (see video).
9. Heat oil in the frying pan and sear the pork on all sides until brown. Wrap in foil to keep moist.
10. Place into the preheated oven for 20-25 minutes until cooked through. Keep an eye on the meat – you will need to alter the cooking time depending upon the width of the joint.