

Citrus Pork & Watercress Rolls

VITACRESS™

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Preparation time: 15 minutes

Cooking time: 15-20 minutes

Ingredients:

2 tbsp olive oil
1 onion, chopped
50g chopped no-soak apricots
100g of watercress, chopped
50g fresh wholemeal breadcrumbs
2 tbsp pine nuts
zest and juice 1 small orange
8 small thin pork escalopes
100ml dry white wine
3 tomatoes, chopped
pappardelle and watercress noodles
(see cooks tip)



Method:

Heat 1tbsp of the oil in a frying pan, add the onion and sauté for 2 minutes. Remove from the heat and stir in the apricots and watercress and cook for 1 min. Remove from the heat and stir in the breadcrumbs and pine nuts, along with the orange zest and juice. Mix well.

Place the pork on a work surface and cover with clear film. Lightly bash with the end of a rolling pin until the pork is all the same thickness – about 3mm. Uncover, top with the stuffing mixture, dividing it equally amongst the pork and spreading it all over. Roll up each fillet enclosing the filling to make a neat foil. Secure with cocktail sticks.

Wipe out the frying pan, heat the remaining oil then add the pork rolls. Cook over a medium heat for 5 minutes, turning occasionally until the rolls are browned on all sides. Add the wine and tomatoes and bring to the boil. Cover and simmer for 5 minutes, then remove the lid and simmer for a further 5 minutes until the sauce has reduced and the pork is tender. Simmer for 2 minutes. Stir in the tomatoes then cover the pan and cook for 5 minutes. Season the sauce to taste before serving.

Cook's tip:

Perk up plain old pasta by stirring a packet of washed watercress into cooked drained pasta with a little olive oil. Cover the pan for 1 min until the leaves are slightly wilted, then serve – bellissimo!

Nutrition:

Portions	4
Calories	305
Fat	14.5g
Saturated Fat	2.6g
Carbohydrate	16.7g
Protein	26g
Fibre	3g
Salt	0.34g