

Recipe No. 39/2013

Pork Fillet in a Creamy Prune Sauce

Although food trends have veered away from thick creamy sauces, this sauce complements the pork beautifully and can be made less thick and creamy to individual taste. An extremely quick and easy meal to make after a long day at the office.

Serves: 4

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients

Handful fresh parsley, to garnish
75g pitted prunes
500g pork fillet, cut into 2cm cubes
125g dry white wine
20g redcurrant jelly
250g cream
1 Tbsp lemon juice
100g water
2 tsp chicken stock concentrate
15 g flour mixed to a paste with a little cold water

Method

- Place parsley in TM bowl. Chop **3 sec/speed 7**. Set aside.
- With TM blades running on **speed 8**, chop prunes by putting into the TM bowl for a couple of seconds only.
- Add wine, redcurrant jelly, cream, lemon juice, chicken stock and flour into TM bowl. Heat **5 min/80°C/reverse/speed 1**.
- Add pork pieces. Cook **10 min/90°C/reverse/spoon speed**.
- Sprinkle with chopped parsley and serve with rice or pasta, vegetables or a fresh garden salad.

Cook's notes

- Decrease the cream and increase the chicken stock or use a low fat cream.



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