

ROAST PORK FILLET, SPINACH, APPLE AND THYME CREAM SAUCE



PROFESSIONAL



Serves 4

INGREDIENTS LIST

2 Pork fillets, trimmed off fat & sinew
50g Avonmore Professional Butter
2 tbsp Olive oil
Sea salt & freshly ground black pepper

25g Avonmore Professional Butter
A pinch of nutmeg
300g washed baby spinach

FOR THE SAUCE

100ml White chicken stock
200g Peeled, cored finely diced
cooking apple
180ml Avonmore Professional 15%
Cooking Cream
1 sprig of fresh thyme

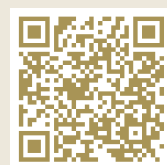
AVONMORE PROFESSIONAL PRODUCT USED



15% Cooking
Cream



Unsalted Irish
Butter



Scan here for recipes.

For further information, please contact
your Avonmore Professional distributor.



THE RECIPE, STEP BY STEP

01

To make the sauce

1. Add the chicken stock and diced apple to a small saucepan. Cover with a lid and cook over a low heat for a few minutes until the apple softens.
2. Puree until completely smooth.
3. Pour in the Avonmore Professional 15% Cooking Cream & reduce to a light pouring consistency.
4. Season with a little salt, pepper and sugar if needed.
5. Add some picked thyme leaves; remove from the heat and leave to infuse.

02

To make the Roast Pork Fillet

1. Heat the oil and butter in a sauté pan, season the pork fillets and sear on all sides over a high heat.
2. Remove to a roasting tray and transfer to preheated oven 180°C for 15 – 18 minutes.
3. Remove the fillets and leave to rest while keeping warm.

03

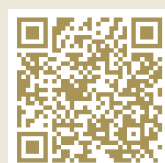
To make the Spinach

1. Melt the butter for the spinach in a saucepan; add the spinach and a pinch of nutmeg.
2. Cover with a lid and cook for 1 minute until the spinach has wilted. Season with sea salt and pepper.
3. Squeeze out onto absorbent paper, to remove a excess moisture.

04

To Serve

1. Reheat the sauce.
2. Arrange the spinach onto the centre of 4 warmed serving plates.
3. Cut the fillets into even slices and arrange overlapping on top of the spinach.
4. Pour the sauce around and serve immediately.



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