



Pork Fillet with Mushrooms & Thyme

Serves 2

- 1 pork fillet, cut diagonally into 10 slices & battered flat
- 1 tbsp oil
- 1 small onion, finely sliced
- 200g button mushrooms
- 1 glass white wine
- 1 tsp thyme
- 2 good dessert spoons ½ fat crème fraiche (100g)
- 2 tsp parsley, chopped



1. Heat the oil in a wide based pan, when it is hot, sear the pork pieces for about 1 minute each side to brown.
2. Push the pork to one side of the pan or remove to a plate, add the onion to the pan. Fry to soften a little and is beginning to colour, add the mushrooms and cook for a couple of minutes.
3. Add the wine and let it bubble and reduce a bit.
4. Add the herbs, then the crème fraiche and stir in.
5. Reduce the heat to medium, cook the sauce for a few more minutes until the sauce has thickened. Season and serve

Hints, Tips and Variations

This makes a big portion, make is smaller by using 1/3 pork fillet per person instead of 1/2.

To make this dish dairy free, use coconut milk or soya cream

Broccoli, French or broad beans, asparagus, or baby corn can be used instead of mushrooms

Indulge and use wild mushrooms instead of button ones.

Change the flavour by adding a teaspoon of wholegrain mustard to the sauce