



# Pork Medallions with Prosciutto

SERVES 4

## INGREDIENTS

480g pork fillets, well trimmed  
¼ cup oregano leaves, chopped  
4 thin slices prosciutto  
1 tbs olive oil  
1 cup salt reduced chicken stock  
2 tbs Worcestershire sauce

**Roasted baby carrots to serve**  
500g baby carrots  
Thyme sprigs  
Oregano sprigs  
Cracked black pepper  
2 tsp olive oil

## METHOD

1. Preheat the oven to 180C.
2. To prepare the carrots place them with the herbs, oil and seasoning in a baking tin and roast for 20-30 minutes or until tender.
3. Sprinkle the pork fillets with the oregano, then wrap the prosciutto around them, securing with toothpicks. Heat the oil in non stick frying pan and brown the pork on all sides. Place on an oven tray and roast for 15 minutes or until cooked through. Rest for 5 minutes.
4. Meanwhile add the stock and Worcestershire sauce to the frying pan and reduce by half.
5. Slice the pork into 2.5cm thick medallions and pour the sauce over. Serve with the carrots and salad.

