



# Stuffed Pork Fillet

SERVES 4

## INGREDIENTS

480g pork fillet, cut into portions  
1 tbs low fat ricotta cheese  
4 dried apricot halves, halved  
4 prunes, halved  
Olive oil spray

## METHOD

1. Preheat oven to 200°C.
2. Slice  $\frac{3}{4}$  of the way through each piece of pork to form a pocket. Flatten slightly.
3. Spread a quarter of the ricotta and 2 pieces of apricot and prune in each pocket. Fold over and secure with toothpicks.
4. Heat a non-stick frying pan over high heat and spray with oil. Sear each piece of pork on all sides until coloured then place on a baking tray, lined with baking paper.
5. Bake for 15 minutes.
6. Allow to rest, loosely covered with foil, for 5 minutes.
7. Serve with vegetables or salad of your choice

