

# PORK FILLETS FILLED WITH HOME MADE RUCOLA-PESTO AND GARNISCH

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2 persons / 577 kcal per serving

## Ingredients:

- 10 grams pine nuts
- 30 grams arugula
- ½ clove of garlic
- 2 sun dried tomatoes
- 25 grams Parrano flakes
- 4 tablespoons olive oil
- 2 pork fillet steaks à la minute
- 200 grams cherry tomatoes
- 400 grams baby potatoes
- fresh pepper and salt



## Preparation:

Preheat the oven to 180°C. Place tomatoes in baking dish and sprinkle with ½ tablespoon of olive oil and grind fresh pepper over it. Place the dish in the oven for at least 10 minutes. Roast the pine nuts in a dry frying pan until brown. Cut half of the arugula coarsely and the dried tomatoes coarsely. Finely chop the garlic. Mash arugula, garlic, roasted pine nuts, tomato and cheese in a food processor. Add 1½ tablespoon of oil and turn until a smooth pesto is formed. Season with salt and pepper. Heat 1 tablespoon of oil in frying pan and prepare baby potatoes according to package directions. Fill the pork fillet steaks with half of the pesto and fold in half. Fill the fillet with cocktail sticks. Heat 1 tablespoon of oil in frying pan. Cook the meat over medium heat for approx. 6 minutes and brown, turning halfway through. Sprinkle with salt and pepper. Spoon the rest of arugula with ¼ tablespoon of pesto. Place meat on 2 plates. Deglaze the shortening with 1 tablespoon of water. Stir the browning and stir the rest of the pesto with gravy. Spoon pesto gravy over meat. Serve with the potatoes, tomatoes and salad.

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Nutritional value per portion:

Energy:	577 kcal
Protein:	26.8 grams
Carbohydrates:	40.1 grams
- including sugars:	6.5 grams
Fat:	32.6 grams
Fiber:	6.9 grams
Salt:	1.0 grams