



PORK TENDERLOIN WITH CORIANDER PESTO SERVED OVER ROCKET AND TOMATO SALAD

THE LITTLE GLUTEN FREE RECIPE
BOOK BY BROMLEIGH HOUSE

Ingredients:

600 g/21 oz piece pork fillet
salt and pepper
2 tbsp oil

For the pesto:

30 g/1 oz fresh coriander
6 tbsp pine nuts
1 tsp lemon juice
5 tbsp crumbled feta cheese
salt and pepper, to taste
120 ml/4 fl oz extra virgin olive oil

To serve:

rocket and tomato salad To garnish: coriander



Method

- 1 Heat the oven to 180°C (160° fan).
- 2 Rub the pork with salt and pepper.
- 3 Heat the oil in a frying pan and add the pork fillet. Quickly brown on all sides, then place in a roasting tin and cook in the oven for 20 minutes, or until cooked to your liking.
- 4 For the pesto: put the coriander, pine nuts, lemon juice, feta cheese, salt and pepper into a food processor and blend until just combined.
- 5 Gradually trickle in the oil with the machine running and blend until smooth.
- 6 Slice the pork and place on serving plates. Spoon over the pesto and serve with rocket and tomato salad. Garnish with coriander.