

Fillet of pork with Mediterranean vegetables

Ingredients

1 pork fillet
2 onions
2 carrots
4 cloves of garlic
1 green pepper
1 red pepper
1 courgette
1 table spoon tomato paste
½ glass white wine
1 chicken stock cube
1 glass of water
Olive oil
4 tablespoons of flour
Salt, black pepper

Method

1. Clean any fat off the pork fillet and slice into medallions.
2. Season pork medallions with salt and black pepper. Pass each medallion through the flour.
3. Heat the olive oil, and fry each side of the medallion until golden brown.
4. Peel and dice onion, garlic, carrots and courgette.
5. Wash, dry and dice peppers.
6. In a separate large pan, heat up the olive oil and fry off vegetables until soft.
7. Add the tomato paste and stir into the vegetables.
8. Add wine and reduce for a few minutes.
9. Add a chicken stock cube, dissolve in water and bring to the boil.
10. Incorporate pork medallions and cook for 5-10 minutes until sauce thickens slightly.
11. Correct seasoning if necessary.
12. Serve with mash potato.