



Pork with apple & frizzled sage



Gluten Free



Very Healthy

READY IN



85 min.

SERVINGS



2

CALORIES



836 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 small parsnips trimmed
- ☐ 3 tbsp olive oil
- ☐ 250 g pork fillet thick (end)
- ☐ 85 g gruyère cheese
- ☐ 1 tbsp sage fresh chopped
- ☐ 2 knobs butter
- ☐ 2 small cox's apples cored sliced
- ☐ 0.5 a savoy cabbage shredded cored finely

- ☐ 1 small wine glass of wine dry white

Equipment

- ☐ frying pan
- ☐ oven
- ☐ stove

Directions

- ☐ Preheat the oven to fan 160C/conventional 180C/gas
- ☐ Cut the parsnips in half widthways and the fatter ends into four so that all the pieces are roughly the same size. Put 2 tbsp of the oil in a small roasting tin, toss in the parsnips and roast for 20 minutes.
- ☐ Meanwhile, cut the pork fillet in half to make two shorter pieces, then slice through each piece but not all the way through so you can open it like a book.
- ☐ Cut the cheese in two, put a slice on one half of each piece of pork and sprinkle with the chopped sage and season. Fold the pork over closing the book to sandwich the cheese, and tie together with string to make two parcels. Season the pork on both sides.
- ☐ Heat the remaining tablespoon of oil with one knob of the butter in a frying pan until sizzling, then brown the pork for 2–3 minutes on each side. When the parsnips have had their 20 minutes cooking time, put the pork on top of them and return to the oven for 15 minutes. This will give you slightly pink pork if you prefer it to be well done, cook it for 20–25 minutes.
- ☐ While the pork is roasting, heat another knob of butter in a frying pan and fry the sage leaves for about 30 seconds until crisp, then put them on a plate. Now add the apples to the pan and cook over a fairly high heat until caramelized. Lift them out, then add the cabbage to the pan and stir fry until tender.
- ☐ Spoon the cabbage onto two plates. Snip the string from the pork and discard.
- ☐ Put the pork on top of the cabbage, then arrange the parsnips and apples on either side.
- ☐ Put the roasting tin on high heat on the stove and tip in the wine or cider. Bubble for 3–4 minutes to reduce and then pour over the meat. Scatter the frizzled sage leaves on top and serve.

Nutrition Facts



Properties

Glycemic Index:90.5, Glycemic Load:23.42, Inflammation Score:-10, Nutrition Score:61.389565467834%

Flavonoids

Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 11.22mg, Epicatechin: 11.22mg, Epicatechin: 11.22mg, Epicatechin: 11.22mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Apigenin: 1.57mg, Apigenin: 1.57mg, Apigenin: 1.57mg, Apigenin: 1.57mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 9.09mg, Quercetin: 9.09mg, Quercetin: 9.09mg, Quercetin: 9.09mg

Nutrients (% of daily need)

Calories: 835.72kcal (41.79%), Fat: 41.28g (63.51%), Saturated Fat: 13.19g (82.45%), Carbohydrates: 76.79g (25.6%), Net Carbohydrates: 54.63g (19.87%), Sugar: 31.92g (35.47%), Cholesterol: 130.15mg (43.38%), Sodium: 463.21mg (20.14%), Alcohol: 0.05g (100%), Alcohol %: 0.01% (100%), Protein: 46.29g (92.58%), Copper: 9.67mg (483.67%), Vitamin K: 224.25µg (213.57%), Vitamin C: 116.13mg (140.76%), Vitamin B1: 1.65mg (110.27%), Manganese: 2.08mg (104.15%), Fiber: 22.16g (88.63%), Folate: 344.53µg (86.13%), Vitamin B6: 1.69mg (84.44%), Phosphorus: 838.29mg (83.83%), Selenium: 50.26µg (71.8%), Calcium: 628.29mg (62.83%), Potassium: 2088.21mg (59.66%), Vitamin A: 2760.85IU (55.22%), Vitamin B3: 10.75mg (53.73%), Vitamin E: 7.56mg (50.37%), Magnesium: 192.1mg (48.02%), Vitamin B2: 0.77mg (45.09%), Zinc: 6.09mg (40.61%), Vitamin B5: 3.19mg (31.93%), Iron: 4.19mg (23.28%), Vitamin B12: 1.33µg (22.19%), Vitamin D: 0.63µg (4.2%)