

Bacon Wrapped Pork Fillet with Apple



Servings: 4
Total Time: 1 hr 30 mins
Cooking Time: 1 hr 5 mins
Resting Time: 10 mins
Pre-heat Oven to 200 °C

INGREDIENTS

1kg whole pork fillet
250g streaky bacon
1 Tbsp barbeque spice
1 Tbsp butter
1 Tbsp light olive oil
2 tsp Worcester sauce
1 tsp rosemary & olive seasoning
1 tsp finely chopped garlic
1 medium apple



For the Gravy (using juices from the pan)
2 Tbsp cake flour (3g carbs per serving)
250ml water
a few drops gravy browning
salt, to taste



METHOD

Wrap the bacon slices around the pork fillet to cover it. Sprinkle with barbeque spice and dab knobs of butter along the top.

In a roasting dish, mix together the olive oil, Worcester sauce, seasoning & garlic.

Peel, core, quarter & slice the apple and stack in a single row down the middle of the dish. Lay the pork fillet on top of the apple and roast in the oven for 30 min at 200 °C.

Remove from the oven & turn the fillet over. Pour out most of the juices into a separate saucepan for the gravy. Turn the oven down to 160 °C, return the fillet to the oven & roast for a further 35 mins.

Remove from the oven & rest for 10 mins.

For the Gravy

Over a high heat, whisk the flour into the saucepan with the juices & cook for 1 min. While still whisking, slowly add the water & cook until thick. Add gravy browning to colour, salt to taste & place in a gravy boat. Place the fillet & apple on a warm platter. Slice when serving and offer gravy.

LCHF Only a little flour is used to make the gravy but if preferred, use Brown Onion Soup Mix* instead.