



Pork Fillet Casserole



Servings: 4
Total Time: 1 hr
Cooking Time: 45 mins



INGREDIENTS

700g pork (or chicken) fillets
 4 Tbsp self-raising or cake flour
 2 tsp smoked paprika powder
 2 Tbsp light olive oil or coconut oil
 2 Tbsp butter
 2 medium onions, peeled, halved & sliced
 300g fresh button mushrooms, sliced
 2 tsp finely chopped garlic
 1 tsp finely chopped chillies (optional)
 1 tsp dried sage
 400ml milk
 white onion soup powder
 4 Tbsp freshly chopped parsley
 salt & freshly ground pepper



METHOD

Remove any sinew from the fillet and slice the pork into thick medallions. Place the flour & paprika into a plastic bag and shake to mix. Add the pork medallions to the bag and toss to coat the meat.

Melt the olive oil & butter in a large shallow saucepan, add the pork (without any excess flour) and brown on both sides.

Add the onion and stir-fry for 2-3 mins.

Add the mushrooms, garlic, chillies & sage and stir-fry for 2-3 mins.

Stir in the milk, bring to a boil, reduce the heat and simmer for 10 mins.

If necessary, stir in soup powder a little at a time to reach a thick & creamy consistency and simmer for 2 mins to fully absorb. Fold in the parsley.

Season with salt & pepper & serve.



Use almond flour - not self-raising or cake flour for coating.
 Use White Onion Soup Mix* - not commercial soup powder.

SERVING SUGGESTION

Serve with *Potato Mash**, *Cauli Mash**, rice or *Cauli Rice**, and vegetables or a salad.

