

# FEED-A-FAMILY PORK WELLINGTON

Serves 4

Hands-on time: 15 minutes

Hands-off time: 60 minutes

## INGREDIENTS

½ SPAR Freshline Onion  
½ packet (125g) SPAR Freshline Chopped Spinach  
½ punnet (125g) SPAR Freshline Button Mushrooms  
⅓ tsp each salt and pepper, to season  
2 tbsp mustard sauce  
½ tsp bbq spice  
1(200g) SPAR Select Pork Fillet  
1 large egg, beaten  
1 roll (400g) SPAR Puff Pastry, thawed

## Serving suggestion:

Roast baby potatoes  
Tenderstem broccoli

## METHOD

1. Finely chop the SPAR Freshline onions, spinach and button mushrooms. *\*Chef's Tip: The vegetables can be chopped in a food processor to shorten the step.*
2. Place a medium-sized nonstick pan over low heat. Add the onions, spinach, mushroom and ⅓ a teaspoon each salt and pepper to the pan and sauté until the water has evaporated, about 5-8 minutes. *\*Chef's Tip: Cooking the paste removes the moisture, which will ensure the pastry won't be soggy after baking.*
3. Remove the cooked and dry paste from the pan and set aside to cool slightly, about 10-15 minutes.
4. Preheat the oven to 180°C and line a large baking tray with baking paper.
5. In the meantime, combine the mustard sauce and bbq spice. Brush the mixture evenly onto both SPAR Select Pork Fillet.
6. Unravel and cut ¼ off the end of the SPAR Puff Pastry on the lined baking tray Save the ¼ for later. Evenly spread the cooled paste onto the sheet of puff pastry, leaving a 3cm border around the pastry edges. Brush the beaten egg on the 3cm border.
7. Neatly place the pork fillet on the left side of the pastry. Fold the top and bottom border of the pastry onto the pork fillet, creating a seal. Tightly roll the pastry from left to right, until a tight roll is formed. *\*Chef's Tip: Before baking, ensure the seam is facing down on the baking tray.*

8. Cut the remaining  $\frac{1}{4}$  of the pastry into neat lines about 2-3 cm wide. Arrange the cut pastry onto rolled wellington, creating a pastry design. Brush the remaining egg wash over the wellington, bake for 30-40 minutes or until golden brown and flaky. *\*Chef's tip: Sprinkle sesame seeds before baking for a nutty flavour.*
9. Allow the wellington to cool on a cutting board for 5-8 minutes before slicing.
10. Serve a slice of wellington alongside crispy baby potatoes, tenderstem broccoli and ENJOY!