

Pork fillet stuffed with Cornish blue cheese and sage

Serves 2

**1 x 250g pork fillet
55g Cornish blue cheese
2-3 sage leaves
1 tbsp olive oil
55ml Cornish cider
Salt and pepper**

- **Make a deep cut in the pork fillet but not all the way through**
- **Slice the blue cheese and place in the cut together with the sage leaves.**
- **Close the fillet and tie with string in 2 or 3 places.**
- **Season**
- **Heat the butter and oil in an oven dish on the hob**
- **Lightly flour the fillet, pat off any excess**
- **When the butter and oil are hot and lightly brown, saute the fillet off**
- **Add the cider and bring to the boil**
- **Place in the oven at 200°C for 30 mins**
- **Remove from the oven, cut away the string and rest in a warm place**
- **Taste the cooking juices and adjust the seasoning**
- **Add a tablespoon of water to the dish and scrape the tasty bits off the bottom to make a sauce.**

To serve:

- **Place some creamed sprouts on the plate and top with slices of pork fillet and pour over the sauce**

Serve with honey glazed root vegetables