Dinner

Pork Loin Stuffed with Nuts, Sage and Dried Apricot

This roast serves six. A fat trimmed rolled pork loin is opened out flat, filled with a coarse blend of chestnuts, pistachios, shredded sage leaves and chopped dried apricot, then rolled, tied and baked through before being sliced. Steamed mixed vegetables and sweet potato pieces complete the plate. Each serving works out to roughly 550 to 650 calories, 45 to 55 g carbohydrates, 15 to 20 g sugars, 40 to 45 g protein and 15 to 18 g fat.



Gluten free | Dairy free

125 min	663	54.3 g	5.2 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 1/4 cup whole chestnuts
- [ ] 1/3 cup pistachios
- [ ] 2 tablespoons shredded sage leaves
- [ ] 1/2 cup chopped dried apricot
- [ ] 1.25 kg rolled pork loin, fat trimmed
- [ ] 6 cups steamed mixed vegetables
- [ ] 2 large sweet potatoes, cut into pieces

Method

- [ ] **1** Before touching any ingredients, switch the oven on and set it to 200C.
- [ ] **2** Give the whole chestnuts a 15 minute boil, pour off the water and peel away their outer skins.
- [ ] **3** Put the chestnuts to one side for a moment, then give them a rough chop.
- [ ] **4** In a bowl, toss the chopped chestnuts with the pistachios, shredded sage leaves and chopped dried apricot until you have an even filling.
- [ ] **5** Open the fat trimmed rolled pork loin out so it lies flat on your work surface.
- [ ] **6** Spread the filling down the middle of the meat, roll the loin closed once more and tie it firmly with cooking string so it keeps its shape.
- [ ] **7** Line a baking tray with non stick baking paper and set the tied roast on top of it.
- [ ] **8** Cook it in the oven for 1 hour 15 minutes, making sure it is cooked through before removing it.
- [ ] **9** Give the roast 10 minutes to sit, then cut it into slices and serve alongside the steamed mixed vegetables and the roasted sweet potato pieces.

Nutrition Facts

Per serving

Calories	**663**
Total fat	25.7 g
Saturated fat	Not listed
Sodium	176 mg
Total carbs	54.3 g
Fiber	13 g
Total sugars	5.2 g
Protein	52 g

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