

PORK FILLET EN PAPILOTE

with garlic cream



Preparation : 15 min - **Resting :** - - **Cooking :** 20 min - **Equipment :** -

Ingredients : 4

- 400 g pork fillet - 1 Â½ tbsp olive oil - 1 courgette, sliced - 100 g sundried tomatoes - GARLIC CREAM:
 - 4 garlic cloves - 50 g unsalted cashews - 200 g crème fraîche - salt, pepper
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1. Prepare the garlic cream. Set aside. Remove any fat from the pork fillet and slice 1 cm thick. Set aside.
2. Cut out four rectangles of baking paper and brush with olive oil. Place the sliced courgette in the centre of each baking paper rectangle.
3. Spoon a little garlic cream onto the courgettes, top with sliced pork fillet and sundried tomatoes. Fit the metal bowl and add 500ml water. Tightly close the papillotes* and place in the steamer basket. Run the STEAM programme. If necessary, continue steaming.
4. Serve the remaining garlic cream on the side.

GARLIC CREAM

1. Fit the food processing bowl with the mini bowl; add the garlic cloves (halved), cashews and crème fraîche.
2. Blend using the FOOD PROCESSOR programme, 45 seconds. Season to taste, adding a little olive oil if the cream is too thick.

Chef's tip :

The garlic cream is also a delicious accompaniment for roast lamb, and grilled or cold meats.

Cook Expert ■

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