



INGREDIENTS

2 Pork loin steaks
3 Apples
3 Carrots
1 Small Pumpkin
100g Sausage meat
200g Sugar
Thyme
Bacon lardons
1 Shallot
1pt Orange Juice
6 New potatoes

PORK AND PUMPKIN

PREPARATION

Pre heat oven at 200 `c

Using a melon baller make rounds of the carrot, pumpkin and apple.

Lightly oil and season your new potatoes, cover with foil in place in the oven.

Add thyme and chopped shallot to the sausage meat, season and then roll into balls.

Heat a pan, add sugar to make caramel then add the apples. Once coated place into the oven.

Cook the carrot and pumpkin in the orange juice.

Season and sear off the pork loin steak and sausage meat in a little hot oil, then remove from pan and place in the oven to finish cooking.

Add the bacon lardons to the pork pan until cooked through.

Plate the vegetables and sausage meat, place pork loin steak on top

Sprinkle on the bacon and garnish to complete the dish.