

Individual Pork Fillet Wellington's

Yield: 2 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/pork-fillet-southern-style-oven-recipe>

Ingredients:

- 1 pork fillet cut in half
- 1 sprig thyme leaves picked
- 1 tablespoon garlic oil or olive and a small clove minced
- seasoning
- 2 5/8 cups chestnut mushrooms brown, finely chopped
- 2 shallots peeled and finely chopped
- 14 slices parma ham
- 1 tablespoon Dijon mustard
- 1 puff pastry pack of jus roll, ready to roll
- milk for browning

Nutrition:

1. Calories: 1210 calories
2. Carbohydrate: 79 grams
3. Cholesterol: 60 milligrams
4. Fat: 149 grams
5. Fiber: 4 grams
6. Protein: 65 grams
7. SaturatedFat: 46 grams
8. Sodium: 380 milligrams
9. Sugar: 4 grams

Thank you for visiting our website. Hope you enjoy Individual Pork Fillet Wellington's above. You can see more 18 pork fillet southern style oven recipe Taste the magic today! to get more great cooking ideas.