



#### No. of servings

4

#### Ingredients

- 1 tbsp. oil (15g)
- 50g butter/milk/cream
- 350g carrots
- 300g peas
- 600g of pork fillet
- 1kg potatoes
- Salt and pepper to taste
- Thick & Easy Clear

#### Nutritional information per serving\*

Energy kcal	390
Protein g	41
Fat g	5
Carbohydrate g	41
Fibre g	7

# Pork fillet with carrots, peas and mash potatoes

#### Preparation

- 1** Boil the carrots, peas and potatoes in separate pots. Mash potatoes with butter, cream or milk.
- 2** Liquidise mash potatoes, peas and carrots separately and thicken each of them with Thick & Easy Clear until they get a smooth consistency. For instructions on how to use Thick & Easy Clear, see chapter 'How to use Thick & Easy Clear'.
- 3** Fry pork fillets in oil and season them with salt and pepper. Let them cool, liquidise and thicken with Thick & Easy Clear according to instructions until they get a smooth consistency.
- 4** Mould the fillet in an appetizing form on a plate and place the vegetables nicely.