

# **Pork Medallions with Zucchini Timbales and Tomato Coulis**

## **Ingredients**

Pork fillet  
Cornflour  
Olive Oil  
Aniseed  
Butter  
Rocket  
Salt and Pepper for seasoning

### **for Timbales**

8 small zucchini (500g)  
300g sour cream  
2 tbsp grated parmesan cheese  
2 tbsp chopped fresh basil  
4 eggs  
Pepper

### **for Coulis**

2 tomatoes, peeled and chopped (Tinned, peeled whole tomatoes make a rich Coulis)  
1 clove garlic, crushed  
2 tsp Tomato Paste

## **Method**

### **Pork**

Thinly slice into medallions.  
Place in a dish with olive oil and aniseed.  
Marinate overnight.  
Season cornflour with salt and pepper. Coat each medallion in the seasoned flour.  
Shallow fry in olive oil and butter till browned. Place aside.

### **Zucchini Timbales**

Puree zucchini in a blender, place in a bowl and microwave on high for 5 minutes. Drain well, pressing out excess liquid.  
Stir in sour cream, cheese, basil and lightly beaten eggs and pepper to taste..  
Divide into individual dishes (makes 6), cover each and cook on Medium-Low for 5 minutes.  
Turn onto serving plates.

### **Tomato Coulis**

Combine tomatoes, garlic and tomato paste in a bowl. Cook on High for 5 minutes. Puree in a blender.  
Spoon the Coulis around each of the Timbales and garnish with sliced tomato. Place rocket beside Timbales on the dishes and top with pork medallions.