

PORK SCALLOPS WITH PROSCIUTTO AND LEMON

(serves 4)

Lake Crystal Salt

1 pork fillet, approx 500g in weight

1 lemon

70g butter

1 tablespoon chopped parsley

Flour for coating

40g prosciutto or pancetta

Black pepper

METHOD

- Cut the meat into even slices approx. 1cm thick.
- Place the slices between 2 sheets of cling film and beat out lightly until thin.
- Cut the slices in half if they are too large.
- Season with *Lake Crystal salt* and pepper.
- Flour lightly, shaking off excess.
- Melt half the butter in a pan and cook the scallops for 2-3 minutes on each side, or until cooked through.
- Arrange the scallops, overlapping on a heated serving dish and keep warm.
- Cut the prosciutto or pancetta into strips.
- Melt the remaining butter in the pan.
- Add the strips and cook until brown.
- Add 3-4 tablespoons lemon juice and the parsley.
- Heat through.
- Pour over the scallops and serve immediately.

Lake Crystal natural lake salt - an organically certified fine food salt developed for the food enthusiast, discerning cook and the health conscious consumer.