

PORK ROULADE

With Apple and Mushroom

(Air Fryer Version)



Ingredients:

4	Each	Boneless Pork Loin Chops
1	Large	Apples (Granny Smith, Gala, or Fuji)
8	Ounces	Mushrooms
		Olive Oil Cooking Spray
		Salt & Pepper to taste

Directions:

1. Cut apple into ¼ inch sticks. Chop mushrooms coarsely. Set aside.
2. Place chops in large zip top bag (or between two pieces of film) and pound very thin, one at a time. Season both sides with salt and pepper.
3. Set air fryer to 390° and preheat for 10 minutes.
4. Place 4 or 5 apple sticks and one-quarter of the mushrooms on each of the pounded chops, spacing them evenly over the entire chop.
5. Roll up chops and secure with toothpicks. Coat with olive oil cooking spray.
6. Air fry for 6 – 8 minutes (chops need to be cooked to 145° internal temperature).

**Note – You can pound, stuff and roll the chops up to 1 day ahead. Remove from refrigerator about a half hour before placing in air fryer.*

PORK ROULADE

With Apple and Mushroom

(Instant Pot Version)



Ingredients:

4	Each	Boneless Pork Loin Chops
1	Large	Apple (Granny Smith, Gala, or Fuji)
8	Ounces	Mushrooms
1	Cup	Mushroom (or Vegetable) Stock
		Olive Oil Cooking Spray
		Salt & Pepper to taste

Directions:

1. Cut apple into ¼ inch sticks. Chop mushrooms coarsely. Set aside.
2. Place chops in large zip top bag (or between two pieces of film) and pound very thin, one at a time. Season both sides with salt and pepper.
3. Place 4 or 5 apple sticks and one-quarter of the mushrooms on each of the pounded chops, spacing them evenly over the entire chop.
4. Roll up chops and secure with toothpicks. Set instant pot to saute (or browning). When heated, brown chops on all sides. Remove and place cooking rack in the bottom of the pot.
5. Pour stock in instant pot and place chops on cooking rack.
6. Make sure pressure valve is closed, set instant pot on high, and set timer for 1 minute. Let pressure release naturally for 5 minutes, then manually release remaining pressure.

**Note – You can pound, stuff and roll the chops up to 1 day ahead. Remove from refrigerator about a half hour before placing in instant pot. The one minute cook time is not a typo – by the time the instant pot comes up to pressure, the chops will be 90% cooked.*