

Pork Saltimbocca



Pork Saltimbocca is an Italian classic that combines tender pork cutlets with sage and prosciutto, all cooked in a white wine and butter sauce. This flavorful dish is a perfect keto dinner that brings sophistication and taste to your table.

Ingredients for 2 serving (US/Metric)

- **Pork cutlet**
- *3 pieces* **Prosciutto**
- **Fresh sage herb**
- *0.5 cup* **White wine**
- *2 tbsp* **Butter**
- *2.5 tbsp* **Olive oil**
- **Salt & pepper to taste**

Nutrition (US/Metric)

- **Protein:** 30%
- **Fat:** 69%
- **Net carbs:** 1%

Instructions

- **Prepare Pork:** Lay out pork cutlets and season each with salt and pepper.
- Place a sage leaf on each cutlet, then cover with a slice of prosciutto. If necessary, secure it with a toothpick.
- **Cook Pork:** Heat olive oil over medium heat in a large skillet.
- Add the prepared cutlets and prosciutto side down, and cook until the prosciutto is crispy about 3-4 minutes. Flip and cook for another 3 minutes or until the pork is cooked through.
- **Deglaze:** Remove the pork from the skillet. Add white wine to the skillet, scraping up any browned bits. Reduce by half, then stir in butter until melted and the sauce is creamy.
- **Serve:** Return the pork to the skillet to coat it briefly with the sauce. Remove toothpicks before serving. Serve the cutlets with the sauce drizzled over.