



INGREDIENTS

For the pork:

- 1kg pork fillet**
- 1 teaspoon Dijon mustard**
- 1 teaspoon rapeseed oil**
- 10 sage leaves, chopped**

For the swede mash:

- 1/2 swede, peeled and cut into chunks**
- 4 Maris piper potatoes, peeled and cut into chunks**
- 2 teaspoons of soft butter**
- 1 tablespoon milk**
- Salt**
- Freshly ground black pepper**

LET'S GET COOKING

- 1 Preheat the oven to 180/350/gas 4. In a small bowl, combine the mustard, chopped sage, rapeseed oil, a pinch of salt and a good grind of freshly ground pepper.
- 2 On a board, lay out the pork fillets and massage the mustard mix in to the pork (if you don't like touching the meat you can use a pastry brush instead). Place the pork fillets in a roasting tray and roast for 25 minutes.
- 3 Meanwhile, make the swede mash by placing the swede and potatoes in a saucepan covered with water. Bring to the boil and boil for 20 minutes or until the vegetables are soft. Drain and add in the butter, milk, a pinch of salt and a grind of black pepper. Mash well with a masher followed by a fork to get rid of as many lumps as possible and create a lovely smooth texture.

AUTUMN PORK FILLET WITH SWEDE MASH



MINUTES TO PREPARE
5



MINUTES TO COOK
25



SERVES
4-6

4 When your pork is ready, take it out of the oven and leave it to rest for 3 minutes. You can tell when it is cooked by squeezing the middle of the flesh with your thumb and first finger. It should feel springy. If it gives too easily then put it back in the oven for a further 3 minutes. Using a sharp knife, slice the pork on the diagonal and lay over the swede mash. Drizzle over the juices from the tray and enjoy.

5 I love this with grainy mustard on the side (clearly I'm a mustard fan!), and a full bowl of purple sprouting broccoli.

"If you aren't familiar with it, pork fillet is a quick cut of pork to cook with, and you can change up its identity easily by changing its marinade, rub or sauce. Here the mustard and sage work well to create an Autumn vibe, and as you cook it for less than 30 minutes it stays nice and tender."

Swede mash is healthier than normal potato mash as I've replaced half of the starchy carbohydrates with root vegetables. I was worried that my children might not like it but they loved it! Even better with a drizzle of truffle oil if you have some"