

## SWEET AND SOUR PORK FILLET



TIME TO PREPARE  
5 mins + 30 mins (8  
hours to marinade)



MINUTES TO COOK  
25



SERVES  
2-4  
1 pork fillet  
(pork loin)

### INGREDIENTS

*For the marinade:*

- 3 tablespoons ketchup**
- 1 tablespoon sweet chilli sauce**
- 1 tablespoon rapeseed oil**
- 1 clove garlic, peeled**
- 7cm knob fresh ginger, peeled**
- 1 tablespoon soy sauce**
- 1 tablespoon Worcestershire sauce**
- Juice of 1/2 lemon**
- 1 teaspoon dark brown sugar**

### LET'S GET COOKING

- 1 Put the marinade ingredients in a nutribullet or food processor and blitz to a thick puree. Place the pork fillet into a deep ceramic or glass tray and pour over the marinade. Massage in well with your hands and leave to marinade for at least 30 minutes – 8 hours.
- 2 Preheat your barbeque to a medium heat. This will also work well in the oven where you can preheat it to 180/350/gas 4.
- 3 For the barbeque, cook over a medium heat for 25 minutes basting from time to time. If you are using an oven, place the pork in a roasting tray and cook for 25 minutes.
- 4 Once cooked, cover the pork with tin foil and place it on the side to rest for 2 minutes. If you have any spare marinade add it to a medium sized saucepan along with 200ml water and a beef stock cube. Bring to the boil and reduce it down for 15 minutes or until it thickens.
- 5 Serve with buttered new potatoes, broccoli and green beans.

*"Pork fillet (sometimes called pork loin) is a lovely tender part of the pig that can often get overlooked. Inexpensive compared to most animal fillets, it can be used with a variety of flavours depending on the time of year. It lends itself well to marinating and only takes 20-25 minutes on the grill or in the oven."*

*To test if the fillet is cooked, squeeze it in the middle on either side with your thumb and index finger. It should feel pretty firm to the touch but with a little bounce. If you feel it's squishy, then it needs a little more cooking. If it is firm as a rock, then get it off straight away. It's nice to slice it on the diagonal before you serve. Some of the meat might look pinky-grey. Fear not! As long as the texture of the meat has changed from fleshy to cooked and it is hot to the touch, then you are good to go."*