



This was our Valentines evening meal. We're not really into that gig, but it was a good excuse for a bit of a special meal?..

Ingredients:-

- 1 Pork Fillet
- 2 Tbsp of Olive Oil
- 3 Cloves of Garlic, minced
- ½ Tsp of Garlic Powder
- ½ Tsp of Paprika
- 3 Tbsp of Cider Vinegar
- 2 Tsp of Soy Sauce (Gluten free for us)
- 6 Tbsp of Honey
- Salt & Pepper to season

Method:-

- (1) Season the Pork with Salt & Pepper.
- (2) Rub in the Garlic Powder and Paprika.
- (3) In a Dutch Oven or flameproof dish add the Olive Oil and heat to a high heat.
- (4) Add the Pork and sear all over.
- (5) When almost seared add the Garlic and cook, turning constantly, until the \Garlic is slightly browned.
- (6) Combine the Cider Vinegar, Soy Sauce, Honey and pour over the Pork.
- (7) Turn the Pork so it is fully coated.

(8) Transfer to a pre-heated oven at 160c and roast for 15 minutes.

(9) Remove and cover on a plate with foil, allowing it to rest for 5 minutes.

(10) Plate the Dutch Oven or flameproof dish over a low heat and simmer until to has reduced and thickened.

(11) Return the Pork and turn until it is evenly coated in the sauce.

(12) Cut the Fillet into think slices with the remaining sauce poured over.

We served ours on a bed of mixed Rice, surrounded by crispy Cabbage and Seaweed with a half Corn on The Cob. Very tasty it was too?...