



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?...