

Apricot Pork Fillet

Serves: 1

Prep time: 5 minutes +

Marinating 30 minutes +

Cooking time: 15-20 Minutes

Ingredients:

- 120-150g pork fillet or chop
- 2 tablespoons apricot jam
- 1 tablespoon seeded mustard
- 1 clove garlic, crushed
- 1 tablespoon grated ginger



Deliciously easy

Method:

- Mix the seeded mustard together with **1 tablespoon** of apricot jam, rub this mixture into the pork, cover and refrigerate for at least 30 minutes
- Pan fry the pork fillet or chop in a frying pan until cook to your liking, remove and rest
- In the same pan, add the garlic and ginger and cook for 1 minute. Add the remaining apricot jam and stir till melted, then pour the sauce over the pork and serve with vegetables of choice