



Honey-Garlic Glazed Pork Fillet

Serves: 1

Prep time: 3 Minutes

Cooking time: 10-12 Minutes

Ingredients:

- 120g-150g pork fillet
- splash of oil
- freshly ground black pepper
- 1 tablespoon balsamic vinegar
- 1 tablespoon honey
- ½ teaspoon minced garlic
- 1 heaped teaspoon fresh oregano, finely chopped



I love the ease of this pork fillet, it truly is delicious and on the table in under 15 minutes

Method:

- Remove the sinew from the pork fillet, then sprinkle black pepper evenly over the fillet
- Heat oil in a frying pan over medium-high heat
- Pan sear the pork until evenly brown all over, **reduce heat** to medium
- Meanwhile, mix the honey, garlic, vinegar and oregano together
- Pour ½ this mixture over the pork, roll to coat evenly and continue cooking for approximately 5-8 minutes, depending on the thickness. **Do not overcook**
- Remove the fillet and rest for 5 minutes, keep warm
- Pour the remainder of the sauce mixture into pan and heat, stir to deglaze the pan
- Slice the pork fillet and place onto a serving plate, pour the deglaze sauce over
- **Served with mashed potato, sugar snaps and (1 minute microwaved) tomatoes. Enjoy!**