

Cajun Pork Fillet

Feeds: 4

Time to cook: Approximately 25-30 minutes

Oven temperature: Gas mark 6, 200°C, 400°F

Take....

Lean pork fillet

Cajun spice

Sweet potatoes

Spring onions

No-fat Fromage frais

Black pepper

Can pineapple rings

Honey



Make....

- 1** Take **1 whole, fully trimmed, lean pork fillet (approx. 450g(1lb))** and place on a baking tray. Sprinkle over **30ml(2tbsp) Cajun spice** and rub all over the fillet. Cook in a preheated oven for 25-30 minutes.
- 2** Meanwhile peel **900g(2lb) sweet potatoes** and boil in a large pan of water for 10-15 minutes until softened. Drain and mash then stir through **2 spring onions**, chopped, and **30ml(2tbsp) no-fat fromage frais**. Season well with **black pepper**.
- 3** During the last 15 minutes of cooking time place **pineapple rings from 432g (approx) can**, drained, onto a baking tray and drizzle over **5ml(1tsp) honey**. Place into oven alongside pork fillet and cook for remaining 15 minutes of cooking time.

Eat...

Serve the pork fillet cut into slices with the sweet potato mash, roasted pineapple and extra steamed green vegetables.

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