



Pork Fillet with Spicy Pineapple Relish
RECIPE

Pork Fillet with Spicy Pineapple Relish



Cooking time 10 mins
Preparation time 60 mins
Serves 8

A deliciously, hearty pork fillet with spicy pineapple relish.

Ingredients

- 1 packet Royco® Sweet and Sour dry cook in sauce
- 250 ml greek yoghurt
- 1,6 kg pork fillets
- ½ onion, finely chopped
- 2 ½ - 5 ml dried chilli flakes
- 1 pineapple, peeled and cubed

Vegetarian

To make this meal a vegetarian feast, marinade quartered sweet potato instead of pork. Cook until deliciously sticky and cooked through.

Family Friendly

If kids will be joining in on this feast, make the pineapple relish without any chilli.

Method

1. Mix the contents of the packet of Royco® Sweet and Sour Sauce with the Greek yoghurt.
2. Add the pork fillets and leave to marinade in the fridge for aprox. 1 hour (or overnight).
3. Make the pineapple relish by frying the onions in oil until soft. Add the chilli and stir for 30 seconds. Add the pineapple, cook for 1 minute. Remove from the heat and season with salt and pepper.
4. Grill in the oven for 10 minutes or until well browned and cooked through.
5. Slice pork fillets, arrange on a platter and serve with spicy pineapple relish.

Recipe Tags

[Dry Sauces](#), [Pork](#)

Related Recipes



[Mushroom Pork Bangers & Creamy Mash](#)

Cooking time

30 mins

Preparation time

15 mins



[Meatballs in Tomato Sauce](#)

Cooking time

40 mins

Preparation time

15 mins



[Hake and Broccoli Bake](#)

Cooking time

40 mins

Preparation time

10 mins



[Beef Olives With Roasted Garlic And Caper Mash](#)

Cooking time

120 mins

Preparation time

50 mins



[Creamy Spinach Stuffed Salmon](#)

Cooking time

50 mins

Preparation time

20 mins



[Crunchy Sweet and Sour Stir-Fry](#)

Cooking time

15 mins

Preparation time

15 mins



Chicken & Mushroom Phyllo Pie

Cooking time

20 mins

Preparation time

15 mins



Chicken Pot Pies

Cooking time

40 mins

Preparation time

15 mins



Beef Short Rib with Sweet Potato Bake

Cooking time

50 mins

Preparation time

20 mins



Beef Stew with Soft Dumpling

Cooking time

90 mins

Preparation time

30 mins

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