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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