

# Pork fillet with mustard mash



Serves: 4

## Time

Preparation time 15 minutes

Cooking time 45 minutes (includes 10 minutes resting time)



## Ingredients for the pork

- 700g pork fillet, trimmed of all visible fat
- 1 tablespoon low-salt soy sauce
- 1 teaspoon honey
- 1 garlic clove, peeled and crushed
- juice ½ lemon
- 6 slices Serrano or Parma ham (optional), fat removed

## Ingredients for the mash

- 750g Maris Piper potatoes, peeled and quartered
- 90ml skimmed milk
- 1 tablespoon wholegrain mustard
- black pepper

## To serve

- Green beans or broccoli (or your favourite vegetables)

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## Method

1. Preheat oven to 200°C or gas mark 6
2. To prepare the pork, lay the fillet in a large roasting dish and add soy sauce, honey, crushed garlic and lemon juice, then use your hands to rub the ingredients into the meat.
3. Lay the slices of ham onto a chopping board, overlapping the slices as you go. Place the pork fillet on top and wrap in the ham. Return the pork to the roasting dish and roll in any remaining liquid.
4. Set the roasting dish into the hot oven and cook the pork (without a cover) for 35 minutes, remove from the oven, cover with tinfoil and allow the meat to rest for 10 minutes before slicing
5. Meanwhile, boil the potatoes in water until tender. Drain and replace the lid and rest for three minutes to allow the potatoes to steam until completely cooked. Mash and stir in the milk, wholegrain mustard and black pepper to taste.
6. Cook the vegetables in boiling water until tender and drain well.
7. Arrange slices of pork onto serving plates with a spoonful of mash and vegetables on the side.