

Pork Filler with Spicy Pineapple Relish



Delicious. Every time.

Prep time: 60 min

Cook time: 10 min

Serves: 8

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



Cooking Instructions:

1. Mix the contents of the packet of ROYCO Sweet and Sour Sauce with the Greek yoghurt. Add the pork fillets and leave to marinade in the fridge for approx. 1 hour (or overnight).
2. 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.
3. Grill in the oven for 10 minutes or until well browned and cooked through.
4. Slice pork fillets, arrange on a platter and serve with spicy pineapple relish.

Tip: Pork fillet is dry when cooked for too long.