



BAKED PORK TENDERLOIN WITH PINEAPPLE SALSA



Serves 2
Calories 390

Ingredients

500g pork tenderloin, trimmed
1 tbsp olive oil
250g baby potatoes
175g chopped pineapple
½ cucumber, deseeded and chopped
2 scallions, chopped
1 small bunch of coriander, chopped
½ tbsp white wine vinegar
½ tbsp honey
½ tbsp chilli powder
1 tsp ground cumin
1tsp water
Salt & pepper to taste

Side Salad:

50g spinach
½ cucumber, sliced
8 cherry tomatoes

Method

Preheat oven to 180°C / 160°C (Fan)

Steam potatoes over boiling water until tender (15-20 minutes)

Toss the cucumber, pineapple, scallion, coriander and vinegar in a bowl



Season with salt and pepper to taste and set aside

Mix the honey, chilli powder, cumin and water in a bowl and spread over the pork

Place oil in an oven proof dish and place pork steak in dish

Place in oven and cook for 45 minutes at 180°C

Serve 100g cooked meat serving per person with salsa and potatoes

Assemble side salad of spinach, cucumber and cherry tomatoes

REFRIGERATE LEFTOVERS TO USE TOMORROW