

Pork Tenderloin with Apple & Thyme

Preheat oven to 180°C/Gas mark 4. Sprinkle a pork tenderloin with salt and freshly ground black pepper. Heat a little olive oil in a large frying pan and brown the roast on all sides. Transfer to a roasting dish lined with baking parchment or greaseproof paper and place chopped apples, chopped red onions and baby potatoes around the roast. Sprinkle with fresh thyme, drizzle with olive oil and roast in the oven for approx 55 minutes, turning the apples and potatoes once. The meat is ready with the internal temperature of the pork has reached 70°C. Let the roast rest for 10 mins out of the oven before slicing and serving. Good with green leafy veg.