

Filet Mignon Rôti au Miel et Sauce Soja



Serves 2 Prep 15 mins Cooking 30 mins Easy

Ingredients

1 filet of pork (about 400g)
2 tbsp of honey
2 tsp mustard
1/2 tbsp soya sauce
1/2 tbsp lemon juice
1/2 tbsp chives, finely chopped, for garnish
olive oil

1. Preheat the oven to 240C/ Fan 220C/ Gas 8. Put the meat in a ovenproof dish, preferably greased with a little olive oil.
2. Mix the honey, mustard, soya sauce and lemon juice in a bowl. Spread this mixture over the meat. Turn the oven temperature down to 210C/ Fan 190C/ Gas 7 and cook in the oven for 30 minutes. Keep an eye on the sauce while cooking. If it looks dried out or is beginning to burn, add a little water.
3. Check the meat is cooked, then take it out of the oven and rest for a few minutes before slicing and sprinkle the chives over the meat. Serve the sauce separately with noodles, white rice or aubergines.