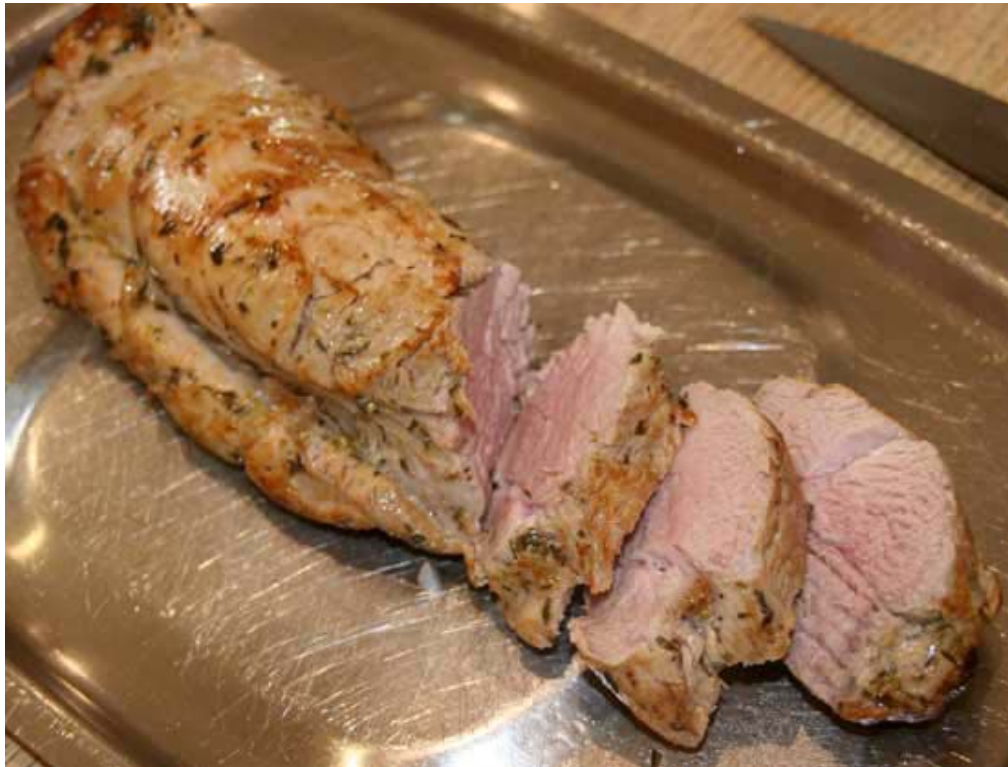


## Herb-marinated Pork Fillet



**Serves 4**

**Prep 10 mins  
+3h marinating**

**Cooking 20 mins**

**Easy**

### Ingredients

2 pork fillets tenderloin  
grated zest of 1/2 lemon  
100ml freshly squeezed lemon juice (± 2 lemons)  
100ml olive oil  
1 tbsp finely chopped rosemary leaves  
3/4 tbsp chopped fresh thyme leaves  
1/2 tsp Dijon mustard  
salt & pepper

1. Combine the lemon zest, lemon juice, 80ml olive oil, rosemary, thyme, mustard and a sprinkle of salt in a re-sealable plastic bag. Add the pork fillets and turn to coat with the marinade. Squeeze out the air and seal the bag. Marinate the pork in the fridge for at least 3 hours but preferably overnight.
2. Preheat the oven to 200C/ 180C Fan/ Gas 6. Remove the tenderloins from the marinade and discard the marinade but leave the herbs that cling to the meat. Sprinkle the tenderloins with salt & pepper.
3. Heat 1 tbsp of olive oil in a large oven-proof sauté pan over medium-high heat. Sear the pork fillets on all sides until golden brown. Place the sauté pan in the oven and roast the pork for 15 - 20 mins until the meat registers 65C at the thickest part when measured with a thermometer.
4. Transfer the pork fillets to a platter and cover tightly with aluminium foil. Allow to rest for 10 minutes, then carve into thick diagonal slices. The thickest part of the fillet will be quite pink and the thinnest part well done.
5. Serve warm with the juices that collect in the platter.