

Less than 45 minutes

Serves 4

Share with friends

Share on facebook

Share on twitter

Share on pinterest

Share on whatsapp

Share on email

Ingredients:

- 1 Tbsp (15ml) olive oil
- 2 Tbsp (30ml) harissa paste (or any curry paste would do the trick)
- 2 tsp (10ml) paprika
- 2 Tbsp (30ml) honey
- 1 (about 600-800g) pork fillet
- 1 orange, halved
- ¼ cup (60ml) butter
- 2 large sweet potatoes, cubed
- ¼ cup (60ml) brown sugar
- 1 stick cinnamon
- Grated peel of 1 orange
- 2/3 cup (100ml) water
- Salt and milled pepper
- 2 cloves garlic, crushed
- Handful chopped parsley
- 1 packet (350g) green beans, trimmed (frozen beans work too)

Method:

1. Combine oil, harissa paste, paprika and honey, and coat the pork evenly with mixture.
2. Place pork and orange halves onto a baking tray and roast at 180°C for 15-20 minutes.
3. Melt 2 Tbsp (30ml) butter in a pan until bubbling.
4. Add sweet potato, sugar, cinnamon, grated orange peel and water.
5. Cover and simmer for 12-15 minutes or until cooked through. Season.
6. Heat remaining butter, garlic and parsley in a separate pan.
7. Toss green beans into mixture, cook for 2-3 minutes and season.
8. Slice pork and serve with sweet potato and green beans.