

Perfect Pork Tenderloin with Cabbage & Apple Braise

There are few pairings as classic as that of pork and apple. Fred Astaire and Ginger Rogers perhaps? Ernie and Bert? Either way; by the time fennel seeds join the party, you know you're in for a real treat. Each and every bite of this dinner offers up joyous colours and textures.



Prep: 10 mins Cook: 25 mins Total: 35 mins





high protein



Pantry Items









Sweet Potato



Pork Tenderloin



Red Onion



Red Cabbage



Fennel Seeds



Green Apple

2P	4P	Ingredients	
400 g	800 g	sweet potato, peeled & cut into 2 cm pieces	
2 tsp	1 tbs	butter *	
400 g	800 g	pork tenderloin	
2 tsp	1 tbs	olive oil *	
1/2	1	red onion, finely sliced	
2 cups	4 cups	finely sliced red cabbage	
1 tsp	2 tsp	fennel seeds	
1	2	green apple, unpeeled & grated	

#	Ingredient features
	in another recipe

Pantry Items

Pre-preparation

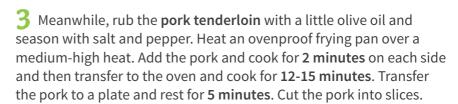
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Energy	2350	Kj		
Protein	56.1	g		
Fat, total	14.1	g		
-saturated	4	g		
Carbohydrate	46.3	g		
-sugars	27.2	g		
Sodium	154	mg		



You will need: chef's knife, chopping board, vegetable peeler, box grater, potato masher, plate, wooden spoon, medium saucepan with a lid, ovenproof frying pan, and a medium frying pan.

- 1 Preheat the oven to 200°C/180°C fan-forced.
- 2 Place the **sweet potato** in a medium saucepan and cover with water. Bring to the boil and cook for **10 minutes** or until tender. Drain. Return the potato to the saucepan and add half of the **butter** and **salt** and **pepper**. Using a fork or potato masher, mash until smooth. Cover to keep warm.



- 4 While the pork is in the oven, heat the olive oil in a medium frying pan. Add the red onion, red cabbage and fennel seeds and cook, stirring, for 3-4 minutes or until soft. Add the green apple and remaining butter. Reduce the heat to medium-low and cook, stirring, for 1-2 minutes.
- **5** To serve, divide the sweet potato mash and cabbage braise between plates. Top with the sliced pork.







Did you know? The apple tree originated in Central Asia.