

# Cajun Pork Fillet Traybake

This dish is exceptionally quick and easy to cook. Everything in one tray. It's as easy as that!

We've used sweet potatoes, red onions and red peppers to compliment pork fillet and cajun spices, but you can add whatever you'd like, including green beans, carrots or even parsnips. The cajun spices are made into a paste and drizzled across your tray of ingredients, before cooking in the oven for just 30 minutes.



**Serves: 4**

## Ingredients:

2 x 300g Fordhall Farm pork fillet/tenderloin, trimmed  
2 tbs cajun seasoning  
3 tsp olive oil  
2 tsp garlic purée, or 1 garlic clove finely chopped  
2 tsp runny honey  
500g sweet potatoes, peeled and diced  
1 red pepper, diced  
1 red onion cut into wedges

## Cooking Instructions:

- 1 Preheat the oven to 200°C, or 180°C if fan assisted.
- 2 Mix the cajun spice mix, oil, garlic and honey in a small bowl to create a paste. Add more honey or oil if you need to make it more runny.
- 3 Put the sweet potatoes into a large roasting tray lined with baking parchment or foil. Add half the cajun mix and gently toss together until the potatoes are coated in the spices. Cook in the oven for 5 minutes.
- 4 Remove the tray from the oven, add the rest of your vegetables, mix so they're coated in the existing cajun spices. Return to the oven and cook for a further 5 minutes.
- 5 Remove the tray from the oven, place your pork fillet on top of the vegetables, coat all over with the remaining cajun mix. Transfer to the oven and cook for a further 20 minutes.
- 6 Remove from the oven and leave to rest for 5 minutes before slicing the pork fillet ready to serve.

