Roast Pork fillet with fragrant potatoes and chickpeas, green peas and vegetable salad

A deceptively healthy dish, combining curry flavours with a colourful combination of vegetables and different textures. Serves four.

Ingredients:

640 gm	pork tenderloin
600 gm	potatoes
1 can	chickpeas, 400gm, drained, discard juice
1 T	curry powder, whatever is about
1 ea	brown onion, sliced
2 cloves	garlic
250 gm	green peas
2 ea	red onions, diced
1	tomato
20 gm	whole almonds, toasted

Broccoli, ½ cauliflower, green beans or even carrots if we must

Parsley/ coriander/ chives, whatever is about

Lemon juice, balsamic, olive oil, ice

Directions:

Preheat oven to 180 deg C

Clean any silver off the pork fillet, marinade in 1 t curry powder, a splash of lemon, seasoning and a T of olive oil. Leave for a while. Cut the potatoes up into cubes about the size of a brickies thumb, blanch until just soft. Heat up your pan, seal off the pork, it needs to have a bit of colour so don't be afraid of a little heat. Take the pork out of the pan, place onto a tray and then into the oven until cooked, probably about ten minutes, then out of the oven to rest for 10- 15 minutes. Slice the pork sideways just before serving. Back in the pan, cook the onions until soft, add curry powder and a clove of garlic, cook for minute or two, add the potatoes and then chickpeas, season with a little salt and pepper, a splash of olive oil and your herbs.

Blanch the frozen peas quickly, then straight into ice water, and drain, do the same for your green vegetables. Dice your red onion as fine as you're comfortable with, divide into 2. Mix your peas, red onion, ½ a garlic, a little olive oil and some lemon juice, some more herbs and a little vinegar, season, taste, try again. Once your vegetables are cool, add your diced tomato, the remaining red onion, and the chopped almonds, a little olive oil, salt and pepper.

To serve: plate, potatoes, pork, peas, serve the greens on a bowl to the side with a little chopped herbs and toasted almonds. Yum oh.