

# Pork fillet with sweet potato & spinach mash

SERVES 4 PREP 10mins COOK 20mins

MODERATELY EASY

✳ For something different, try using parsnips instead of sweet potatoes for your mash



Low saturated fat

- 750g sweet potatoes, peeled
- spray oil
- 540g The Co-operative Truly Irresistible tenderloin pork medallions
- 1 tbsp maple syrup
- ½ tsp The Co-operative Dijon mustard
- 100ml stock (made from ¼ very low-salt vegetable stock cube)
- black pepper
- 250g The Co-operative British spinach

**1** Chop the sweet potato into small chunks. Bring a pan of water to the boil, add the sweet potato and boil until cooked.  
**2** Spray oil on a non-stick frying pan and heat to a high temperature. Add the pork medallions to the frying pan and cook for around 4 mins on each side to sear off.  
**3** Mix the maple syrup and mustard together and pour into the pan with the pork – the syrup will immediately bubble up. Turn the pork to coat each side. Add the stock and simmer for 2 minutes until slightly thickened.  
**4** Meanwhile, drain the sweet potato and

mash. Season with black pepper and stir in the spinach.

**5** Place the mash and pork onto plates, drizzle the syrup and mustard sauce over the top and serve.

Calories 340	Fat 4.6g	Sat Fat 1.2g	Sugars 14.6g	Salt 0.8g
approx. per serving				

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good with food