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Pork Fillet with Mustard Yoghurt Sauce

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Easy to prepare, tender and with no waste, pork fillet is a gift for the cook keen on quick cuisine. Try it with this simple sauce. It makes an ideal midweek meal for the family, but is dressy enough for guests. The pork tastes good with ribbon noodles. Serve with Kumala Chardonnay.

25g (1oz/2 tablespoons) butter
1 tablespoon sunflower oil
1 teaspoon mustard seeds
2 small pork fillets (tenderloins), trimmed and sliced about 2cm (3/4 inch) thick
2 teaspoons cornflour (cornstarch)
1 tablespoon Dijon mustard
1 tablespoon tomato purée (paste)
225ml (8fl oz/1 cup) natural (plain) yoghurt
Salt and freshly ground black pepper

Melt the butter in the oil in a large frying pan. Add the mustard seeds, put a lid on the pan and cook until the mustard seeds stop popping.

Add the pork fillet rounds and cook them for 3-4 minutes on each side. Meanwhile, stir the cornflour and mustard together in a small bowl. When the mixture is smooth, stir in the tomato purée and yoghurt. Add the yoghurt mixture to the pan and cook over low heat for 2-3 minutes, stirring constantly, until the sauce thickens and coats the meat. Check that the pork is fully cooked, season with salt and pepper, and serve.

Serves 4

Top tip

Adding a little cornflour (cornstarch) to the yogurt helps to stabilize the mixture and prevent it from separating when heated. Don't let the sauce boil, however.