

Roast pork tenderloin with apple and fennel

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Ingredients (serves 4)

- 2 large sweet-tart apples, such as Fuji, sliced
- 1 large bulb fennel, trimmed, cored and thinly sliced, plus 1 tbsp chopped fronds for garnish
- 1 large red onion, sliced
- 1 tbsp plus 2 tsp olive oil, divided
- 450 g organic [pork](#) tenderloin, trimmed
- 1 tsp salt
- ¼ tsp freshly ground pepper
- 3 tbsp cider vinegar

Method

Position racks in upper and lower thirds of oven; preheat to 220°C.

Toss apples, sliced fennel and onion with one tablespoon of oil in a large bowl. Spread out on a baking sheet. Roast on the lower oven rack, stirring twice, until tender and golden, 30 to 35 minutes.

About 10 minutes after the apple mixture goes into the oven, sprinkle pork with salt and pepper. Heat the remaining two teaspoons oil in a large ovenproof pan over medium-high heat. Sear the pork on one side, about two minutes. Turn the pork over and transfer the pan to the top oven rack. Roast

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until just barely pink in the centre, 12 to 14 minutes.

Transfer the pork to a cutting board and let rest for five minutes. Immediately stir vinegar into the pan (be careful, the handle will be hot), scraping up any browned bits, then add to the apple mixture. Thinly slice the pork; serve with the apple mixture and sprinkle with fennel fronds.

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