

Grilled Pork Fillet With Herbs



Ingredients

- 2 large pork fillets, trimmed
- Salt and freshly ground black pepper
- 150g unsalted butter, melted
- 1 clove fresh garlic, crushed
- 6 sprigs oregano
- 6 sprigs fresh thyme
- 1/3 bunch fresh sage, leaves picked
- 1/3 bunch fresh parsley, coarsely chopped

Directions

- Step 1 – Season the pork fillets with salt and pepper and set aside to come to room temperature.
- Step 2 – Melt 2/3 of the butter in a small bowl and mix in the garlic, along with half of the oregano and thyme, leaves picked.
- Step 3 – Heat the BBQ to medium heat (180 - 200°C) and prepare for direct grilling, ensuring the grills are clean.
- Step 4 – Place the pork fillets onto the grill and brush with the herb butter. Place the remaining oregano and thyme sprigs onto the grill and close the BBQ lid. Grill the pork for around 4 minutes per side, turning and brushing with the herb butter.
- Step 5 – Once the pork is cooked to your liking, remove from the BBQ and set aside, tightly covered in foil.
- Step 6 – While the pork is resting, heat the remaining butter in a small frying pan and add the sage leaves, frying until they become crispy. Remove from the pan and drain on paper towel.
- Step 7 – To serve, carve the pork fillet into 1cm slices and top with the fresh parsley and fried sage.

