

Pork filet, old cheddar and coco beans purée, spinach with sun dried tomatoes

Recette pour 4 personnes

Description A good idea for a sunday family lunch

L'idée déco Grounding a vegetable, means that it's gonna loose volume by cooking it, because the water of the vegetable is gonna come of.

Ingrédients

For the pork tenderloin

- 2 Unit(s) Pork tenderloin
- Salt and pepper
- Olive oil
- Vegetable oil

For the purée

- 1.50 Unit(s) White beans (540ml)
- 500 Ml Chicken stock
- 5 Ml Cumin powder
- 20 Gr Butter
- 100 Gr Old cheddar
- Salt and pepper
- Olive oil
- Vegetable oil

For the spinach

- 6 Handful(s) Baby spinach
- 8 Unit(s) Sundried tomatoes
- Salt and pepper
- Olive oil
- Vegetable oil

Préparations

Temps de préparation **45.00 mins**

For the preparations

Strain the coco beans, shred the cheddar and diced the sun dried tomatoes.

For the pork tenderloin

Put some salt and pepper around the tenderloin, in a hot pan with vegetable oil, seared the pork all

around. Reserve it on a baking tray with parchment paper.

For the purée

In a pan, put the bean's and the chicken stock, bring it to boil and let it cook for 10 minutes. Strain it and keep the cooking juice on the side, put the beans in the cutter with the butter, the cumin and the cheddar and get it smooth. Add some salt and pepper and a little beat of the cooking juice if necessary. Keep it hot on a bain marie.

For the spinach

In a pan with oliv oil ground the spinach, put some salt and pepper, add the sun dried tomatoes, and keep it warm on a low heat.

For the plating

Put the tenderloin in the oven for 12 to 14 minutes, take it out and leave it rest for 5 minutes, and slice it in 8 pieces. On a flat plate, put 2 tablespoons in the middle, 4 pieces of tenderloin on the top and the spinachs. Finish with a drizzle of oliv oil around.

Bon appétit!