

# Pork tenderloin, mint and pistachio pistou, glazed celeriac with thyme, bed of spinach with butter

## Recette pour 4

### Description

### Ingrédients

#### Pistou

- 50 Gr Mint
- 75 Gr Grated parmesan
- 50 Gr Pistachios
- 75 Ml Olive oil
- 50 Gr 35% cooking cream
- 3 Clove(s) Chopped garlic
  
- Butter
- Salt and pepper
- Vegetable oil

#### Celeriac and Spinach

- 0.50 Unit(s) Celeriac
- 250 Ml Water
- 1 Tbsp Butter
- 1 Tsp Sugar
- 1 Sprig(s) Thyme flower
- 0.50 Bag(s) Baby spinach
  
- Butter
- Salt and pepper
- Vegetable oil

#### Pork tenderloins

- 2 Unit(s) Pork tenderloin
- 2 Clove(s) Garlic
- 1 Sprig(s) Thyme
  
- Butter
- Salt and pepper
- Vegetable oil

### Préparations

Temps de préparation **45.00 mins**

Préchauffez votre four à 425.00 F°

Prep

Peel and cut the celeriac in sticks.

Wash the spinach leaves.

Peel and finely chop the garlic.

Vegetables

### **Celeriac**

In a medium pot, put all the ingredients. Cover with a cooking paper. Cut a little hole in the middle of the paper (chimney) to let the steam come out.

Let simmer at low heat. all the water should be absorbed and evaporate and the celeriac sticks will be glazed. Season with salt and pepper.

### **Spinach**

In a large hot pan, add a knob of butter and a dash of oil. Cook the spinach and season with salt and pepper.

Pistou

Put all the ingredients in a blender. Mix into a puree, Season with salt and pepper if needed.

Pork tenderloins

Place a large skillet on the stove and the heat on medium-high. Season the tenderloins with salt and pepper. Drizzle a bit of vegetable oil in the pan and sear the tenderloins on each side until they are golden. Lower the heat and add the garlic and the thyme. Finish the cooking in the oven at 425F for 10 minutes and let the meat rest for 5 minutes before cutting it. Slice into a bevel way no more than an inch thin.

Plating

In a plate, lay a bed of spinach in the middle and add 2 pieces of pork filet on top.

Put around some glazed celeriac and a spoon of pistou

**Bon appétit!**