

# Pork tenderloin with gruyere cheese, warm shallot dressing, market vegetables

**Recette pour 4 personnes**



## **Description**

Seared pork tenderloin baked in the oven with a slice of Swiss cheese serve with a medley of turnips, carrots, peppers and asparagus and seasoned with a shallot and balsamic vinegar warm dressing.

## **L'idée déco**

Vary your vegetables following the seasons!

## **Ingrédients**

For the pork tenderloin

- 600 Gr Pork tenderloin
- 100 Gr Gruyere cheese
- Olive oil
- Vegetable oil
- Salt and pepper

For the market vegetables

- 0.50 Bunch(es) Green asparagus
- 400 Gr Fingerling potatoes
- 1 Unit(s) Red pepper
- 2 Unit(s) Carrot
- 2 Sprig(s) Rosemary
- Olive oil
- Vegetable oil
- Salt and pepper

For the warm shallot dressing

- 2 Unit(s) Shallot
  - 15 Ml Honey
  - 15 Ml Dijon mustard
  - 30 Ml White balsamic vinegar
  - 60 Ml Olive oil
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- Olive oil
  - Vegetable oil
  - Salt and pepper

## **Préparations**

Temps de préparation **45 mins**

Préchauffez votre four à 400 F°

General preparation

Cut the pork into portions of 150 g. Cut the asparagus diagonally. Cut carrots in half lengthwise and then diagonally. Dice the red pepper and turnip. Chop the shallots and the rosemary. Cut the fingerling potatoes into slices of 0.5 cm, oil and season with salt and pepper and cook in oven for 20 minutes

Pork tenderloin preparation

Season the pork with salt and pepper. In a nonstick skillet, drizzle some vegetable oil and sear the pork for two minutes on each side to get a nice golden brown coloration, then transfer them on a baking sheet. Bake for 8-10 minutes. Remove the tenderloins from the oven, place a slice of cheese then put them to bake in the oven on grill for 2 minutes.

Market vegetables preparation

Precook the vegetables separately in a large pot of salted boiling water or steam until they get an al dente texture, checking with the tip of a knife. Then plunge them into a large volume of ice water to stop cooking. Just before serving, in a nonstick skillet, drizzle some olive oil and warm up your vegetables and potatoes. Season with salt and pepper, add rosemary and a drizzle of honey and lemon juice.

Warm shallot dressing preparation

In a small skillet, sweat the shallots over medium heat in a little vegetable oil. On low heat, put the honey and balsamic vinegar and let liquefy the honey. Finally, off the heat add the Dijon mustard, mix vigorously with a hand mixer the vegetable oil and olive oil in a drizzle to emulsify the dressing. Season with salt and pepper.

To serve

Place the tenderloin on your plate and sprinkle with vinaigrette. Serve your vegetables in a small casserole dish

on the side.

**Bon appétit!**