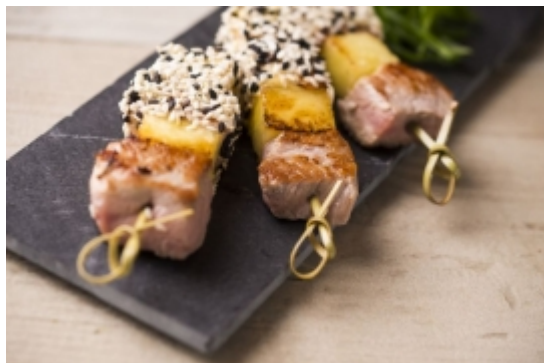


Asian flavored pork tenderloin with Dijon mustard and pineapple skewers

Recipe for 12 tapas



Description

Tender strips of pork tenderloin and cubes of fresh pineapple on a skewer marinated with Chinese five-spice, lime juice, soy sauce and honey and sprinkle with toasted sesame seeds in the oven.

Note

Pineapple contains the enzyme papain, which has the property of tenderizing meat by fragmenting its proteins.

Ingredients

For the pork and pineapple skewers

- 300 Gr Pork tenderloin
- 200 Gr Pineapple
- 5 Ml Chinese five spices powder
- 15 Ml Roasted sesame oil
- 1 Unit(s) Lime
- 30 Ml Soy sauce
- 60 Ml Dijon mustard

For the garnish

- 50 Ml Honey
- 25 Gr Sesame seeds

Preparation

- Preparation time **30 mins**
- Preheat your **four** at **400 F°**
- Resting time **120 mins**

General preparation

Cut pork tenderloin into thin strips. Cut the pineapple into 1.5 cm cubes. Squeeze the lime to get the juice. Roast sesame seeds in oven for 3-4 minutes or until golden and fragrant.

For the skewers

In a small bowl, combine sesame oil, soy sauce, Chinese five spice, lime juice and mustard. Marinate

the pork and pineapple in this mixture for 15 minutes to 2 hours in the refrigerator. Drain the marinade well. Thread the pork strips onto bamboo skewers and finish with one or two pineapple cubes. Cook your skewers in the oven or on the BBQ for 6-8 minutes for a pinkish color.

To serve

Drizzle the skewers with honey and sprinkle them with toasted sesame seeds, before arranging them on a serving dish.

Bon appétit!