

Pork filet mignon, peanuts sauce, pepper and cilantro rice

Recipe for 4 persons



Description

Pork tenderloin seared and roasted in the oven, garnish with a satay sauce and basmati rice with pepper and cilantro.

Ingredients

For the pork tenderloin

- 2 Unit(s) Pork tenderloin
- 30 Ml Hoisin sauce
- 30 Ml Sugar
- 45 Ml Water
- 30 Ml Peanut butter
- 1 Unit(s) Lime
- 30 Ml Peanuts

- Vegetable oil
- Salt and pepper

For the basmati rice

- 150 Gr Basmati rice
- 225 Ml Water
- 0.50 Unit(s) Red pepper
- 0.50 Unit(s) Yellow pepper
- 0.50 Unit(s) Red onion
- 10 Sprig(s) Fresh cilantro

- Vegetable oil
- Salt and pepper

Preparation

- Preparation time **45 mins**

For the preparations

Clean the tenderloins and cut it in 8 médaillons. Dice the pepper and the onions. Crush the peanuts. Chop half of the cilantro and pick the rest of it, rinse the rice with cold water.

For the rice

In a hot pan with olive oil, sear the onions, add the pepper and cook it for two minutes. Put the rice and stir it well, add the water, bring it to boil. Let it cook for 15 minutes, stop the heat, add the chopped cilantro and cover it.

For the tenderloin

In a hot non-stick pan with vegetable oil sear the médaillons one minute on each sides, and reserve it on a baking tray with parchment paper. In a sauce pan, put the water, the sugar, the hoisin sauce and bring it to boil. Remove it from the stove add the peanut and the lime by whisking it. Season it. Put the pork médaillons back in the oven for 4 minutes.

For the plating

On each plate, put some rice in a ring bowl, the pork médaillons around, garnish with the sauce. Finish with the peanuts and the cilantro leaves.

Bon appétit!