

TAGLIATELLE PESTO WITH PORK TENDERLOIN



2 persons / 591 kcal per person

Ingredients:

- 200 grams tagliatelle all'uovo
- 1 vegetable stock cube
- ½ tablespoon of olive oil
- 1 medium onion
- 2 cloves of garlic
- 1 red bell pepper
- 200 grams of chestnut mushrooms
- 1½ tablespoons of green pesto
- 20 ml cooking dairy
- 1 piece of pork tenderloin (~250 grams)
- 1 tablespoon sweet soy sauce
- 1 teaspoon garlic powder
- pepper and salt
- handful 'parrano' chips or parmesan cheese

Preparation:

Cut the meat into cubes and marinate with the pepper, salt, garlic powder, sweet soy sauce and ¼ tablespoon of olive oil and set aside. Peel and chop the onion and garlic, cut the pepper into pieces and the mushrooms into quarters. Heat the

TAGLIATELLE PESTO WITH PORK TENDERLOIN

rest of the olive oil in a frying pan and fry the onion, garlic, mushrooms, and bell pepper over medium heat for ~6 minutes (the bell pepper can still be crunchy). Cook the tagliatelle with a vegetable stock cube until al dente and save a dash of pasta water for later. Heat a frying pan without oil and fry the pork tenderloin. Add the green pesto with a shot of pasta water and the cooking dairy to the vegetables to make a delicious sauce. Add the pasta and gently stir everything together. If necessary, season the sauce with salt and pepper. Transfer the pasta to a deep bowl and garnish with the baked pork tenderloin and some grated 'parrano' chips.

Nutritional value per person:

| | |
|---------------------|------------|
| Energy: | 591 kcal |
| Protein: | 44.3 grams |
| Carbohydrates: | 67.7 grams |
| - including sugars: | 11.3 grams |
| Fat: | 14.5 grams |
| Fiber: | 6.0 grams |
| Salt: | 1.6 grams |