

# TAGLIATELLE PESTO WITH PORK TENDERLOIN

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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

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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