

PORK TENDERLOIN IN ORIENTAL - BLACK PEPPER SAUCE

2 persons / 506 kcal per serving

Ingredients:

- 200 grams pork tenderloin
- 250 grams Italian stir-fry vegetables with mushrooms
- 1 teaspoon ginger powder
- 1 garlic clove
- 1 teaspoon curry powder
- 1 teaspoon paprika powder
- 2-3 teaspoons black pepper
- ½ chicken stock cube
- 1 tablespoon sweet soy sauce
- 1 tablespoon salty soy sauce
- 1 tablespoon vinegar
- ½ tablespoon cornstarch
- 1 tablespoon oil
- 20 grams of unsalted butter
- 150 grams rice



Preparation:

Cook the rice according to the description on the package. Finely chop the garlic. Heat 1 tablespoon of oil in a frying pan and stir-fry the vegetables with the garlic, ginger powder, curry powder, paprika and black pepper for 3 minutes. Add the sweet and salty soy sauce, the vinegar and add water until the vegetables are covered. Crumble the stock cube over it and let the sauce simmer gently, then add half a spoon of cornstarch with a spoonful of water to bind the sauce. Meanwhile, heat the butter and fry the pork tenderloin for 5-7 minutes, let it rest for 2-3 minutes before slicing.

Nutritional value per portion:

Energy:	506 kcal
Protein:	31.4 grams
Carbohydrates:	67.0 grams
- including sugars:	6.2 grams
Fat:	11.7 grams
Fiber:	5.7 grams
Salt:	3.3 grams