

PORK TENDERLOIN IN COCONUT-PINEAPPLE SAUCE

2 persons / 589 kcal per person

Ingredients:

- 1 pork tenderloin
- 1 tablespoon of oil
- ½ tablespoon of curry powder
- 200 grams of fresh pineapple pieces
- 100 ml coconut milk
- 130 grams of basmati rice
- ½ cucumber
- 4 grams of fresh mint
- 75 grams of raw vegetables radish mix
- 1 tablespoon of sweet chili sauce
- pepper and salt



Preparation:

Cook the rice according to the instructions on the package. Halve the pineapple pieces. Cut the cucumber into 1 cm cubes. Finely chop the mint. Cut the pork tenderloin into 2 cm cubes. Heat the oil in a frying pan and fry the pork tenderloin with the curry powder for 2 minutes on medium heat. Add the coconut milk and pineapple and bring to the boil. Turn the heat to low and simmer for 5 minutes. Season with salt or pepper if necessary. Mix the mint with the raw vegetables, radish mix and chili sauce through the cucumber. Divide the rice, raw vegetable salad and pork tenderloin with sauce over the plates.

Nutritional value per person:

Energy:	589 kcal
Protein:	33.6 grams
Carbohydrates:	69.7 grams
- including sugars:	18.7 grams
Fat:	18.7 grams
Fiber:	5.2 grams
Salt:	1.4 grams