



ROASTED FILLET OF PORK WITH POLENTA AND MIXED VEGETABLES



QimiQ BENEFITS

- Acid, heat and alcohol stable
- Creamy indulgent taste with less fat
- Problem-free reheating possible



25



easy

INGREDIENTS FOR 4 PORTIONS

POLENTA AND TOMATO BAKED DISH

FOR THE HERB CREAM SAUCE

- 125 g** QimiQ Cream Base
- 1** Onion(s), finely diced
- 1 tbsp** Butter
- 375 ml** Beef stock
- Salt and pepper
- Ground nutmeg
- 1 tsp** Lemon juice
- 2 tbsp** Mixed herbs, finely chopped

FOR THE PORK FILLET

- 700 g** Pork tenderloin whole
- Salt and pepper
- 1 tbsp** Vegetable oil

FOR THE MIXED VEGETABLES

- 90 g** Seasonal mixed vegetables
- 10 g** Butter

METHOD

1. For the sauce, fry the onions until soft.
2. Douse with the soup, reduce heat and continue to cook for a few minutes.
3. Finish with the QimiQ Sauce Base and blend smooth. Season to taste, add the lemon juice and sprinkle with the finely chopped herbs.
4. Preheat the oven to 150°C. Trim all fat and silver skin from the pork fillet, season with salt and pepper. Heat the oil in a pan, add the fillet and brown on all sides.
5. Transfer the meat to the oven and cook until its internal temperature registers 58°C on a meat thermometer, about 10-15 minutes. Remove the meat from the oven and allow to rest for 5 minutes before serving.
6. Cook the vegetables separately in salted water, plunge into the ice bath, drain. Fry quickly the vegetables with the butter in a pan for a few minutes.
7. Slice the fillet and serve with baked polenta dish, mixed vegetables and herb sauce.