Main dishes / Belgium

short pasta with pork tenderloin and sweet potato · Belgium

A modern Belgium-inspired noodle or pasta dish with sweet potato and pork tenderloin.

Time 35 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 320 g short pasta
- ☐ 500 g sweet potato
- ☐ 2 g dried thyme
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g pork tenderloin
- ☐ 20 g wholegrain mustard
- ☐ 10 g fresh parsley

Let's make it.

01 Cook the short pasta according to the packet. Reserve a cup of cooking water, then drain.

02 Clean the sweet potato and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the sweet potato and cook for a few minutes. Add a splash of cooking water, cover and cook until the vegetable is tender.

04 Cook the pork tenderloin thoroughly in a separate pan until the centre reaches at least 71°C.

05 Combine everything in the pan, loosening with cooking water if needed. Stir in the wholegrain mustard, dried thyme, fresh parsley and taste before serving.

AI-developed, not kitchen-tested.

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