Soups / Belgium

Clear soup with pork tenderloin and sweet potato · Belgium

A clear broth with pork tenderloin, sweet potato and a Belgium-inspired flavour base.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 30 ml neutral cooking oil
- ☐ 500 g pork tenderloin
- ☐ 600 g sweet potato
- ☐ 1300 ml low-salt vegetable stock
- ☐ 20 g wholegrain mustard
- ☐ 2 g dried thyme
- ☐ 10 g fresh parsley
- ☐ salt and pepper to taste

Let's make it.

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

02 Heat the oil and soften the onion for five minutes. Add the sweet potato and cook for a few minutes.

03 Add the stock and simmer until the vegetable is tender.

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

05 Add the cooked main ingredient to the soup and briefly reheat. Stir in the wholegrain mustard, dried thyme, fresh parsley and taste before serving.

AI-developed, not kitchen-tested.

Recipe & provenance DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
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