Main dishes / Germany

pearled spelt with pork tenderloin and green beans · Germany

A complete grain dish with pork tenderloin, green beans and a Germany-inspired seasoning.

Time 45 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 280 g pearled spelt
- ☐ 500 g green beans
- ☐ 1 g caraway seeds
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g pork tenderloin
- ☐ 20 g German mustard
- ☐ 10 g fresh parsley

Let's make it.

01 Cook the pearled spelt in plenty of water according to its packet, then drain well.

02 Clean the green beans and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the green beans and cook for a few minutes. Add a splash of water, cover and cook for 12 minutes.

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

05 Combine the cooked grain, vegetables and main ingredient. Stir in the German mustard, caraway seeds, 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.
Original recipe and attribution CC0 1.0
recipes.dvs-services.be / studio-de-04-13-64a9510