Main dishes / France

pork tenderloin and fennel skillet · France

A savoury France-inspired Studio variation with fennel, pork tenderloin and a fragrant finish.

Time 35 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 600 g pork tenderloin
- ☐ 180 ml low-salt vegetable stock
- ☐ 2 g dried thyme
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g fennel
- ☐ 20 g Dijon mustard
- ☐ 10 g fresh tarragon

Let's make it.

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

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

03 Add the stock, cover and simmer for 10 minutes until the vegetables are tender.

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

05 Combine the cooked main ingredient with the vegetables. Stir in the Dijon mustard, dried thyme, fresh tarragon and taste before serving. Serve straight away.

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-fr-01-04-382b451