Main dishes / France

long-grain rice with pork tenderloin and green asparagus · France

A complete grain dish with pork tenderloin, green asparagus and a France-inspired seasoning.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 280 g long-grain rice
- ☐ 500 g green asparagus
- ☐ 2 g dried thyme
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g pork tenderloin
- ☐ 20 g Dijon mustard
- ☐ 10 g fresh tarragon

Let's make it.

01 Cook the long-grain rice in plenty of water according to its packet, then drain well.

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

03 Heat the oil and soften the onion for five minutes. Add the green asparagus and cook for a few minutes. Add a splash of water, cover and cook for 7 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 Dijon mustard, dried thyme, fresh tarragon and taste before serving.

AI-developed, not kitchen-tested.

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