Main dishes / Netherlands

brown rice with pork tenderloin and Belgian endive · Netherlands

A complete grain dish with pork tenderloin, Belgian endive and a Netherlands-inspired seasoning.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 280 g brown rice
- ☐ 500 g Belgian endive
- ☐ 1 g ground nutmeg
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g pork tenderloin
- ☐ 15 g mild mustard
- ☐ 10 g chives

Let's make it.

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

02 Clean the Belgian endive and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the Belgian endive and cook for a few minutes. Add a splash of water, cover and cook for 10 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 mild mustard, ground nutmeg, chives and taste before serving.

AI-developed, not kitchen-tested.

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