Main dishes / Netherlands

brown rice with pork tenderloin and pumpkin · Netherlands

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

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 280 g brown rice
- ☐ 500 g pumpkin
- ☐ 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 pumpkin and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the pumpkin and cook for a few minutes. Add a splash of water, cover and cook for 15 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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