Main dishes / Netherlands

wholewheat pasta with pork tenderloin and pumpkin · Netherlands

A modern Netherlands-inspired noodle or pasta dish with pumpkin and pork tenderloin.

Time 35 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 320 g wholewheat pasta
- ☐ 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 wholewheat pasta according to the packet. Reserve a cup of cooking water, then drain.

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 cooking water, cover and cook until the vegetable is tender.

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

05 Combine everything in the pan, loosening with cooking water if needed. Stir in the mild mustard, ground nutmeg, chives and taste before serving.

AI-developed, not kitchen-tested.

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