

# PORK SAUTE

New recipe




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**Preparation :** 10 min - **Resting :** - - **Cooking :** 40 min - **Equipment :** -

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**Ingredients :** 4-6

- 600 g pork filet mignon - 2 red peppers (300g) - 3 spring onions - 300 pineapple (tinned or fresh), diced
  - 10 g cornflour - 1 tbsp olive oil - 000 ml water - ½ cube chicken stock - fresh coriander leaves - 2 tbsp tomato puree - 1 tbsp cold water - salt, pepper
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1. Use a very sharp knife to remove the fatty parts of the filet mignon; cut the meat into 3-4cm pieces. Place the olive oil in the metal bowl and run the EXPERT programme, 5 minutes/speed 1A/120 °C. After 1 minute add the filetmignon through the cap opening in the lid.

2. Cut the peppers into small pieces and the onions into chunks. Add the peppers and onions to the bowl and restart the EXPERT programme, 3 minutes/speed 1A/120 °C.

3. Add the pineapple, water, chicken stock cube and tomato puree; season with salt and pepper. Remove the cap of the lid. Run the EXPERT programme, 30 minutes/speed 0/98 °C.

4. Mix cornflour with one tablespoon of cold water. Slowly pour the cornflour mixture into the bowl through the cap opening in the lid. Restart the EXPERT programme 2 minutes/speed 1A/95 °C.

5. Garnish the pork sauté with coriander; accompany with basmati rice.

Modified on 07/18/2016  
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