



Main course

Pork tenderloin rolls on brie risotto



Nutrition value

Energy	600 kcal
Carbohydrates	42 g
BE	3.5
Protein	41 g
Fat	30 g
Potassium	674 mg
Phosphate	422 mg
Sodium	372 mg
Water	213 ml

All nutritional information per serving.
This corresponds to 1/4 of the total recipe.

The pork tenderloin ...

Cut the pork tenderloin into 1.5 cm thick strips lengthwise and flatten it out using a meat cleaver/tenderizer. Season with sugar and pepper. Next, spread the cream cheese on the filet. Chop the parsley and spread it over the cheese. Roll up the filet like a cinnamon roll, use a toothpick or kitchen twine to tie it together. Heat oil in a pan and sear the meat briefly in the very hot oil on all 4 sides.

Continue to bake in the oven at 160 degrees C (bottom and top burner on) for 10 minutes. Allow to rest for 5 minutes before serving.

To make brie risotto ...

Sweat the onions in olive oil, add the rice and toast briefly. While the burner is on high heat, add the stock in portions of 25 ml slowly while stirring constantly. Simmer until the rice is al dente and the liquid has reduced into a very thick sauce. At that point, add the brie and herbs. Finish with balsamic vinegar and cream to taste.

To serve, plate with the bias cut pork tenderloin rolls, sundried tomatoes, and sprigs for garnish. If you have any rendered au jus from the meat, use it to drizzle over the plate.

Ingredients to serve 4

4 pork tenderloin portions, 125 g each	1/2 l sodium free vegetable or meat stock
Freshly ground white pepper	Rosemary and thyme
1 pinch of sugar	4 TBSP of white balsamic vinegar
100 g cream cheese	2 TBSP of whipped cream
4 sprigs of flat leaf parsley	1-2 sundried tomatoes cut into thin strips
1 white peeled and cubed onion	1 each sprig of rosemary and thyme for garnishing
4 TBSP of olive oil	
200 g risotto rice (e.g. arborio)	
1 small wheel of brie (100 g)	