



Pork fillets maple dijonnaise marinated

Cooking: 25 to 30 minutes

Portions: 4

INGREDIENTS:

½	(125 ml)	cup Dijon mustard
½	(125ml)	cup maple syrup
2		Pork tenderloin « L'Original Packing Ltd. »
2	(30 ml)	Tbsp green onion head
¾	(190ml)	cup condensed beef broth
1		garlic clove
¼	(50 ml)	cup extra-virgin Olive oil
¼	(50 ml)	cup white wine
		Salt and pepper

PREPARATION

- ❖ Combine mustard and syrup.
- ❖ Pour mixture over tenderloin in a shallow dish. Cover dish and refrigerate for 1 to 2 hours to marinate.
- ❖ Remove meat from marinade; set remaining mixture aside for later use.
- ❖ Cook tenderloin in a frying pan with some oil until evenly browned.
- ❖ Lay tenderloin on a bed of vegetables and finish cooking in oven at 350°F for 25 to 30 minutes.

Sauce :

- ❖ Stir-fry the green onion in a small amount of oil.
- ❖ Add the garlic and the white wine.
- ❖ Let broth reduce to half.
- ❖ Add Beef broth and half of the marinade.
- ❖ Let simmer at least 15 minutes.
- ❖ Slice cooked tenderloin into 8 pieces and top with sauce.

For a softer taste, replace Dijon mustard with Meaux mustard.

Vegetables: Turnips sticks, zucchini slices, boiled potatoes.

Bon appétit !!!