

Mignon fillet at curry

Ingredients

2 cute pork nets for 6 people (count 200 g of meat per person)
A background of olive oil for the pot (4-5 tablespoons)
2 tablespoons of flour
salt, pepper
2 tablespoons of powdered curry
3 carrots
1 onion
1 vegetable cube broth
1 brick of 500 ml of coconut milk (or soy cream otherwise)

Preparation

In a pot or a breader to heat the oil over fairly high heat, and brown the cute fillets cut into pieces.
Turn the pieces of meat several times to cook them on all sides (5-6 minutes).
Meanwhile, peel and cut the carrots and onion into rings.
Salt, pepper the meat, sprinkle with curry and flour.
Stir well to spread over the meat.
Add 1/2 l of water to which we diluted the cube broth (with hot tap water is easier), as well as vegetables.
Cover and cook over low heat for 50 minutes.
Add the coconut milk, stir and leave on the heat until the mixture is hot.

Preparation

Uses with rice or semolina.
The same recipe can be made for any piece of pork cut into cubes, chicken cut into pieces, fish.