

Filet mignon with curry

Ingredients

2 pork tenderloins for 6 people (allow 200 g of meat per person)
a dash of olive oil for the pot (4-5 tablespoons)
2 tablespoons of flour
salt, pepper
2 tablespoons of curry powder
3 carrots
1 onion
1 vegetable stock cube
1 carton of 500 ml of coconut milk (or soy cream otherwise)

Preparation

In a pot or Dutch oven, heat the oil over a fairly high heat, and brown the filet mignons 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 slices.
Salt and pepper the meat, sprinkle with curry and flour.
Stir well to distribute over the meat.
Add 1/2 L of water in which the stock cube has been diluted (with hot tap water it's easier), as well as the 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

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