



Tenderloin with sage and grapes

20'
Hands on

20'
Cook Time

2-4
Portion(s)

1
Difficulty



Method

For the couscous

- In a **bowl** , add the couscous, lime juice, rosemary, salt, pepper, olive oil, and water.
- Mix and cover with plastic wrap.
- Allow 10 minutes until the couscous absorbs the water.

For the tenderloin

- Preheat oven over 200°C (390* F) Set to Fan.
- Brush the tenderloin with 1 tablespoon of olive oil, season with salt and pepper.
- Heat a **pan** over high heat. Sauté the tenderloin for 2 minutes on each side until golden.
- Remove tenderloin from heat and transfer to a baking pan.
- In the same pan, add the rest of the olive oil.
- Cut the grapes in half, the onions in slices and sauté for 2-3 minutes until soft. Add red wine vinegar.
- Transfer grapes and onion to the **baking pan** with the tenderloin.
- Sprinkle with 5 leaves of sage (finely chopped) and the spring onions (finely chopped).
- Bake for 10-15 minutes until the tenderloin is cooked through.
- Let it rest on a **rack** for 5 minutes.
- Mix the couscous with a fork and serve on a plate.
- Cut the tenderloin in slices and spread slices over the couscous.
- Spread the grapes and the rest of the ingredients. Decorate with lime slices and serve.

Ingredients

For the couscous

- 250 g couscous
- lemon juice, of 1 lemon
- 2 sprig(s) rosemary, only the leaves
- salt
- pepper
- 2 tablespoon(s) olive oil
- 500 g water, boiled

For the tenderloin

- 400 g tenderloin
- 2 tablespoon(s) olive oil
- salt
- pepper
- 1 onion
- 10 sage leaves
- 500 g grapes, white
- 2 spring onions
- 1 teaspoon(s) vinegar, of red wine
- 1 lime(s), in slices, to serve

Διατροφικός πίνακας

Nutrition information per portion

| | | | |
|---------------------------|-----------------------|-----------------------------|----------------------------|
| 579 Calories (kcal) | 18.0 Total Fat (g) | 3.4 Saturated Fat (g) | 67.0 Total Carbs (g) |
| 29% | 26% | 17% | 26% |
| 24.0 Sugars (g) | 32.0 Protein (g) | 5.4 Fibre (g) | 1.6 Sodium (g) |
| 27% | 64% | 22% | 27% |