



Tenderloin with couscous

20'

Hands on

35'

Cook Time

2

Portion(s)

1

Difficulty



Method

For the couscous

- In a **pot**, heat the olive oil and the turmeric.
- Add the water, bouillon cube and let it come to a boil.
- When it comes to a boil, add the couscous and the pepper.
- Let it come to a boil and mix often for 3-5 minutes until the couscous absorbs all of the water.
- Remove from heat and set aside.

For the tenderloin

- Heat the olive oil in a **pan**.
- Season the tenderloin with salt and pepper and sauté each side for 3-4 minutes over medium to high heat until it turns golden.
- **Cut** the **onion**, garlic into thin slices and add them to the pan. Add the thyme and sauté for 2-3 more minutes.
- Add the wine and allow 1 minute for it to evaporate.
- Lower heat.
- Add water and cover with a lid. Cook for 10-15 minutes until the tenderloin is cooked.
- Remove lid and transfer tenderloin to a **plate**.
- Increase heat.
- Let the juices in the pan for 3-4 minutes until they come to a boil, their volume is reduced and they turn into a sauce.
- Remove the thyme and add capper.
- Serve tenderloin and couscous with **cherry tomatoes cut in half** and the finely chopped parsley.

Ingredients

For the couscous

- 2 tablespoons olive oil
- ½ teaspoon turmeric
- 350 g water
- 1 chicken bouillon cube
- 200 g couscous
- pepper

For the tenderloin

- 60 g olive oil
- salt
- pepper
- 1 tenderloin, 400 g
- 1 onion
- 2 cloves of garlic
- 4 sprigs thyme, fresh
- 50 g white wine
- 100 g water
- 2 tablespoons capper

To serve

- 10 cherry tomatoes
- 2 tablespoons parsley, finely chopped

Διατροφικός πίνακας

Nutrition information per portion

785 Calories (kcal)	25.0 Total Fat (g)	5.5 Saturated Fat (g)	76.0 Total Carbs (g)
39%	36%	28%	29%
6.7 Sugars (g)	60.0 Protein (g)	6.5 Fibre (g)	3.9 Sodium (g)
7%	120 %	26%	65%