

Pork tenderloin with green beans and homemade potato chips



Difficulty: 🍴🍴🍴🍴🍴

Preparation time: 20minutes , Cooking time: 40minutes

Total time: 1 hours 0minutes , Serving number: 4

0 Calories , 0 g Sugars , 0 g Fats , 0 g Proteins

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Preparation

Pork tenderloin, cut into chunks (about 3-4 cm), beaten only hand edge, salt and pepper. Fry on all sides (in short, that meat remains pink inside - or hardens). Beans (fresh or frozen) briefly boil in salted water and drain. Fry in oil to a glassy onion, add the diced bacon, beans and heat through. We keep warm. Peel potatoes, cut into arbitrary pieces and pat dry. In a larger layer of oil fry for about 5 minutes, then take and leave to cool. Then again, fry in hot oil for about 5 minutes. Pat dry on paper towel and season with salt. Serve with any vegetable side dish.



Ingredients

- ✓ 500 g pork tenderloin
- ✓ 1 little Salt
- ✓ 1/3 handful Pepper
- ✓ 2 spoon vegetable oil
- ✓ 50 g onion
- ✓ 100 g bacon

Categories