

Pork Fillet in Pepper Sauce



Pork fillet in pepper sauce with a few spoons of Ricotta cheese is simply fantastic.

Although we hardly ever use pork, everybody loves it prepared this way, with rice gnocchi, pasta, boiled potatoes, croquettes etc. ... tastes go so well together.

INGREDIENTS :

1 kg of pork fillet

4 bell-peppers (yellow and red)

1 onion

2 spoons of oil

3 spoons of tomato tube paste

1 tea spoon of mustard

1 spoon of flour

800 ml of vegetable broth

1 tea spoon of sweet red ground pepper

2 spoons of Ricotta or Mascarpone cheese

1 g of pepper

salt

1 tea spoon of curry

PREPARATION :

- 1 . cut the meat into slices – as thick as a finger ...
- 2 . preheat the oven to 180 degrees ...
- 3 . oil a baking tray, line the meat and season it with salt and pepper from both sides ...
- 4 . put the oil into a pan and fry the meat from both sides – 3 minutes each ...
- 5 . put the meat into the baking tray, cover it with aluminium foil and bake for about 20 – 25 minutes ...
- 6 . peel the onion and chop it into small cubes ...
- 7 . wash the bell peppers, deseed them and cut them into strips ...
- 8 . fry the onion in the pan for 5 minutes, where meat has been fried before, add peppers and continue frying for 5 minutes on low heat ...
- 9 . add curry, pepper, tomato tube paste, mustard and flour and stir well and then pour broth over it....
- 10 . cover the pan and let the sauce boil, then cook for 7 – 8 minutes ...
- 11 . add pepper, salt according to your taste and Ricotta cheese, stir well and put the meat back from the oven into the pan. You can cook rice, gnocchi, potatoes, pasta, croquettes etc. to go with it...



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