



Mustard pork fillet with apple lentils & herb aioli



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



775 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 kg pork loin
- ☐ 3 tbsp olive oil
- ☐ 2 tbsp dijon mustard
- ☐ 1 small bunch tarragon chopped
- ☐ 350 g lentils
- ☐ 1l vegetable stock
- ☐ 1 lemon zest

- ☐ 1 apples diced cored
- ☐ 200 g mayonnaise
- ☐ 1 garlic clove crushed
- ☐ 6 servings green beans

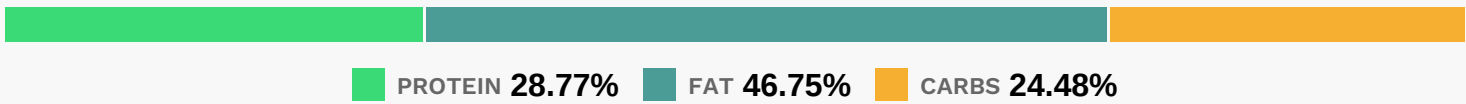
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Rub the pork with a tbsp of oil, add some seasoning, then seal the outside of the meat all over in a hot frying pan.
- ☐ Transfer the pork to a baking sheet, brush the outside with the mustard, then press on half of the tarragon and cook for 20 mins.
- ☐ Remove from the oven and cover with foil for 5 mins.
- ☐ Meanwhile, cook the lentils in the stock until just tender, about 12 mins, drain, then toss with the remaining olive oil, half the lemon juice and the apple.
- ☐ To make the aioli, mix the mayo, garlic, lemon zest and remaining juice and tarragon with some seasoning, then set aside. Slice the pork into thick slices and serve on a platter with the lentils, a bowl of aioli to dip into and some green beans.

Nutrition Facts



Properties

Glycemic Index:50.83, Glycemic Load:3.7, Inflammation Score:-7, Nutrition Score:30.106521689374%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 775.37kcal (38.77%), Fat: 39.75g (61.15%), Saturated Fat: 7.02g (43.88%), Carbohydrates: 46.82g (15.61%), Net Carbohydrates: 25.98g (9.45%), Sugar: 7.88g (8.75%), Cholesterol: 119mg (39.67%), Sodium: 1018.89mg (44.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.03g (110.07%), Fiber: 20.84g (83.37%), Vitamin K: 82.95µg (79%), Selenium: 49.1µg (70.14%), Vitamin B6: 1.39mg (69.72%), Vitamin B1: 0.81mg (53.75%), Vitamin B3: 10.16mg (50.81%), Phosphorus: 416.7mg (41.67%), Iron: 6.51mg (36.19%), Vitamin B2: 0.41mg (23.86%), Potassium: 829.95mg (23.71%), Zinc: 3.29mg (21.91%), Vitamin E: 2.62mg (17.46%), Vitamin A: 830.26IU (16.61%), Magnesium: 66.24mg (16.56%), Vitamin C: 13.15mg (15.95%), Vitamin B12: 0.89µg (14.83%), Vitamin B5: 1.46mg (14.62%), Manganese: 0.28mg (13.94%), Calcium: 90.28mg (9.03%), Copper: 0.16mg (8.21%), Folate: 24.88µg (6.22%), Vitamin D: 0.73µg (4.89%)