



Ingredients:

- - For 4 people:
- 2 pork tenderloins
- 3 carrots
- 2 scallions
- 800 gr. of habitats (no shelling)
- 1 thick slice of ham
- 2 tablespoons flour
- 1 lemon
- 1 cup beef broth
- water
- olive oil
- salt
- Nutmeg
- black pepper
- parsley

Preparation:

To make the salsa, chop the onions and carrots and put them to fry in a pan with a little oil. Season. Once poached, add two tablespoons of flour and fry. Pour the beef broth and lemon juice. Grate a little nutmeg over and cook. Add a little chopped parsley. Mix and set aside.

Remove fat from the tenderloins, salt & pepper and cut in half. Take a little oil over and Doral on the table for both sides. When taking color, remove them to a suitable source for the oven. Pour

the sauce over and bake at 220 ° C (preheated oven) for 8 minutes.

The habitats shells and put them to boil in a pot of boiling water for 4-5 minutes. Drain, let temper and peel half of its habitats. Cut the ham into small cubes and saute in a pan with an oil droplet. Incorporates the rooms, with and without skin.

At serving time, remove from oven and remove meat to a plate. Reserve. Put the vegetable sauce in a glass blender and blend with electric mixer.

Serve a piece of steak per serving, salsea and accompanied by a pile of habitats with ham. Garnish with a sprig of parsley.