



Pork Tenderloin Sautéed



PREP TIME

10

minutos



COOK TIME

20

minutos



SERVINGS

4

people

In a large skillet heat the oil, sautee pork until golden brown. Remove from the pan and place on serving platter. In the same skillet, brown the onions and tomatoes, stirring frequently (about 2 minutes). Add the chopped parsley, salt, pepper, yellow peppers, potatoes, soy sauce and vinegar. Cook until tomatoes soften, about 2 minutes. Add meat and lemon juice. Mix well. Garnish with cilantro or parsley.

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INGREDIENTS

- 2 pounds Pork Tenderloin, cut into strips
- 3 medium onions, peeled, cut into 1/8 inch slices
- 2 pounds of cooked French fries
- 4 yellow peppers, cut into thin strips (a green Cubanelle pepper can also be used)
- 4 tomatoes, cut into 1/8 inch slices
- 2 tablespoon chipped parsley
- 1 tablespoon wine vinegar
- 2 tablespoons soy sauce
- 1/4 cup oil
- 1/2 teaspoon lime juice
- Salt