

## SPICED TENDERLOIN

WITH QUINOA, COOKED TOMATOES AND FRESH GRAPES

*for 3 people*



### Ingredients

#### Meat:

- 1 small tenderloin
- Peppercorns, coarse salt, parsley, ground chili (to taste)

#### Salad:

- 1 quinoa cup
- 1/2 kg of tomatoes variety
- 1 cup of fresh leaves
- 1/4 kg of fresh grapes
- 1 lemon

### Preparation

Chop all the ingredients well to season the meat, put the meat over them so that everything is well flavored.

Brown the meat on all sides and finish the cooking in the oven. Let the meat rest for 10 minutes before slicing.

For the salad, wash the quinoa 3 times until the water runs clear.

Cook in boiling salted water for 20 min.

Cut the tomatoes in different shapes, cut the lemon in half and brown it in a frying pan with olive oil on both sides. To assemble, arrange the meat next to the quinoa, the tomatoes and the fresh grapes and dress with olive oil and roasted lemon juice.

Serve with fresh aromatic leaves or fresh arugula.