

Ingrediënten

- 1 pork tenderloin, trimmed (1-1.5lb)
- salt and pepper
- 1 lb Creamer or baby potatoes (about 15-20) large ones halved

Honey Garlic Sauce

- 2/3 cup liquid honey
- 1/2 cup water
- 2 tablespoons low sodium soy sauce
- 2 tablespoons minced garlic
- 1 tablespoon apple cider vinegar
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- corn starch and water, equal parts *optional



Recept

1. Heat Instant Pot (mine is a 6 quart) on saute and spray with non stick spray.
2. Cut your pork tenderloin in half crosswise, rub with oil, then season with salt and pepper.
3. Cook on saute just until browned on both sides, about 2 minutes per side.
4. Remove pork from the Instant Pot and turn off.
5. Whisk together the sauce: honey, water, soy sauce, garlic, vinegar, salt and pepper. Pour into the Instant Pot and scrape the bottom to remove any stuck on bits of pork.
6. Add the pork back into the Instant Pot with the sauce.
7. Drizzle potatoes with a small amount of oil and season with salt and pepper. Add potatoes to Instant Pot: you can place them on the trivet or in a steamer basket if you want to keep them separate from the pork, but this is not necessary.
8. Put the lid on, turn the valve to sealing and select Manual or Pressure Cook on High Pressure, and set the cook time to 2 minutes.
9. It will take about 15 minutes for the Instant Pot to come to pressure and begin counting down. When the cook time is up, turn the Instant Pot off and let the pressure release naturally for 12-14 minutes.
10. Open the valve and remove the lid. Remove the pork from the Instant Pot and slice to serve with potatoes and sauce.
11. OPTIONAL: to thicken the sauce, combine equal parts corn starch and water in a small bowl. Add to the sauce in the Instant Pot, turn to Saute and bring to a boil to thicken. Serve.

Bron



<https://www.thereciperebel.com/instant-pot-honey-garlic-pork-tenderloin-potatoes/>

<https://www.facebook.com/watch/?v=658336055096782>



Info Martine Lycke dd 17/09/2020

Aardappelen schillen, opzetten, puree maken

In grote witte Le Creuset mama

Varkenshaasje in 2 snijden

Aanbakken en vlees uit de pan halen

Saus:

½ cup water

2/3 cup Honing – 2 el gebruikt

2 el Sojasaus

2 el Look (diepvries Colruyt)

1 el Appelciderazijn

S&P

Aanbaksel losroeren

+ champignons

Opwarmen en efkes laten koken

+ varkensvlees

Oven 200°C – 15/20 minuten

Samen met puree aardappelen en blikje sperzieboontjes en erwtjes

Fotos

