

Colorful fillet pan

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This recipe makes: **2 servings** , Preparation time: **35 minutes**

Per serving of 2530 kJ (605 kcal), protein 42g , carbohydrates 18g , fat 40g

Ingredients

Preparation

Comments

All ingredients at a glance | [put on my shopping list](#) 

Products for recipe

- 300 g Pork
- 2 Peppers (red and green)
- 2 Shallots
- 2 tbsp **THOMY Sun & Olive**
- 100 ml Water
- 1 bag **MAGGI fix & fresh gyros**
- 1 Clove of garlic
- 1 cup (150 g) NESTLÉ LC1 Pur
- 1 cup (150 g) Crème fraîche
- Maggi seasoning 4 - salads**
- 2 tbsp Herbs (chopped, dill, parsley, chives)



Maggi seasoning 4 - salads



MAGGI fix & fresh gyros

Preparation : **Ingredients and preparation Print** 

1. Pork wash, pat dry and cut into strips.
2. Wash peppers, remove the seeds and white inner skins and cut into strips. Peel shallots and slice into rings.
3. In a pan THOMY Sun & Olive are hot. Sauté pork. Add peppers and shallots and fry briefly.
4. Pour in water. MAGGI fix & fresh gyros Stir, bring to a boil, cover, and about 10 minutes on low heat until done.
5. Peel the garlic clove and press: For the dip. LC1 with NESTLÉ Pure and fresh cream mix. With Maggi seasoning and spice to taste 4. Stir in herbs.
6. Dip the fillets to the pan Serve Serve with fresh pita bread.

TIPP

Instead of mixed herbs, you can also, depending on the season a little arugula and garlic into small pieces and stir into the dip. Pork supplies various minerals such as potassium and iron and is rich in vitamins B1 and niacin. Do you prefer low-fat varieties, such as fillet.