

Strogonoff Loin with Gratiné Broccoli Suitable for celiacs

Ingredients:

Loin

400 grs.

tarragon

1 tablespoon

Salt and pepper

to taste

Onion

¼ unit

Red pepper

¼ de unit

Ketchup

1 tablespoon

Cream

2 cups

Corn starch

1 teaspoon

Broccoli

1 flower

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Grated cheese

1 handful

Preparation

Remove the fat from the loin and then cut the loin into cubes of approx.
2 cms. Cut the onion and the red pepper into small cubes. Put in one cavity of the MultiCocción together with ketchup, the tarragon
and salt and pepper.
Remove the main stem from the broccoli or cauliflower. Wash very well and place it in the Multicocción without drying it. Add salt and sprinkle grated cheese on top. Then mix the cream with 1 teaspoon of corn starch, add salt and pepper and mix well until there are no lumps.
Cover then microwave for 4 ½ minutes on high.
Finally stir well the loin preparation.

Use gluten-free ingredients.




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