



Loin with mushrooms and MicroCheff potatoes Suitable for celiacs

Ingredients:

Loin

400 grs.

Onion

½ unit

Fresh mushrooms

10 units

Finely Chopped dehydrated garlic and parsley (provenzal)

1 teaspoon

Potato

1 unit

Red pepper

¼ de unit

Cream

2 cups

Corn starch

1 teaspoon

Butter or Vegetable oil spray

necessary amount

Preparation

Remove the fat from the loin and then cut the loin into cubes of approx. 2 cms. Cut $\frac{1}{2}$ the onion into small cubes. Cut the mushrooms in sheets.

Mix in the MultiCocción the loin with the onion, the mushrooms, the provençal, add salt and pepper and let it stand if possible.

Peel and cut the potato in Noisette form. Mix with small cubes of red pepper and the rest of onion small cubes. Spread butter or spray oil and add salt and pepper. Then put this preparation in the other cavity of the MultiCocción.

Finally add to the loin the cream mixed with the corn starch and salt and pepper.

Cover the MultiCocción and microwave for 4 $\frac{1}{2}$ minutes on high.

Use gluten-free ingredients.

