



Find all the recipes on  
[www.plancha-eno.ca](http://www.plancha-eno.ca)

## Porc, veggies & sesame à la Plancha

---

Servings : 4

Prep time : 12 minutes

Cook time : 30 minutes

---

### INGREDIENTS

450 g of filet mignon  
180 g of green beans cut into pieces  
120 g of snow peas cut into pieces  
4 Tbsp. corn kernels  
4 Tbsp. soy sauce  
1 tsp sesame oil  
1 tsp golden sesame seeds  
Salt

### INSTRUCTIONS

1. Mix the soy sauce and sesame oil. Pour half of it into a freezer bag and marinate the filet mignon for 30 minutes.
2. Meanwhile, cook the green beans for 7 minutes and the snow peas for 3 minutes in a pot of boiling salted water. Then drain them.
3. On the plancha over high heat, brown the filet mignon on each side. Turn down the thermostat to low heat, cover with the bell and cook for 12 to 15 minutes, turning it over from time to time, then set aside.
4. Warm the green beans, snow peas and corn on the plancha for 2-3 minutes, stirring regularly, then add the remaining soy sauce and sesame oil.
5. Slice the filet mignon and serve on the plates, add the vegetables and sprinkle with the sesame seeds.