



Cherry Dijon Pork Medallions

with Spinach & Goat Cheese Salad



20-30min



2 Servings

Cutting a tender pork tenderloin into medallions is not only an elegant way to present a dish, it also speeds up the cooking! A flavorful pan sauce with dried cherries and Dijon mustard is perfect to spoon over the juicy meat. And don't forget to eat your greens! This spinach salad studded with goat cheese crumbles makes that easy to do. Cook, relax, and enjoy!

What we send

- chicken broth concentrate
- golden balsamic vinegar
- Dijon mustard ¹⁷
- pork tenderloin
- shallot
- dried cherries
- baby spinach

What you need

- butter ⁷
- kosher salt & ground pepper
- olive oil
- sugar

Tools

- medium skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 720kcal, Fat 50g, Carbs 26g, Proteins 33g



1. Pickle shallots

Halve, peel, and thinly slice **half of the shallot**, then roughly chop **remaining half**. In a large bowl, whisk **vinegar**, **1 tablespoon oil**, and **a 1/4 teaspoon each salt and sugar**. Stir in sliced shallots (save chopped shallots for step 4) and set aside to marinate.



2. Toast walnuts

Roughly chop **walnuts**. Heat **1 teaspoon oil** in a medium skillet over medium-high. Add walnuts and **a pinch of salt** and cook stirring, until fragrant and lightly toasted, 3-5 minutes (watch closely). Transfer walnuts to a small bowl and sprinkle with **salt**. Wipe out skillet.



3. Cook pork

Pat **pork** dry and cut crosswise into 1-inch thick rounds. Season all over with **1/2 teaspoon salt** and **a few grinds pepper**. Heat **1 tablespoon oil** in same skillet over medium-high. Add pork medallions and cook until well browned but not fully cooked, 2-3 minutes per side. Transfer pork to a plate and set aside until step 5.



4. Make pan sauce

Add **chopped shallot** and **a pinch each salt and pepper** to same skillet. Cook over medium heat until soft, 2-3 minutes. Add **broth concentrate**, **dried cherries**, **3/4 cup water**, and **4 teaspoons Dijon**. Bring to a boil; reduce heat and simmer until reduced by half, 4-6 minutes. Season to taste with **salt** and **pepper**. Add **1 tablespoon butter**; swirl pan to incorporate.



5. Finish pork

Return **pork** and **any juices** to skillet, and cook over low, turning to coat with sauce until cooked through, 2-3 minutes. Remove from heat and season to taste with **salt** and **pepper**.



6. Finish salad & serve

Crumble **half of the goat cheese** (save rest for own use), then add to the bowl with **pickled shallots** along with **spinach**, and **chopped walnuts**; toss to combine. Serve **pork medallions** with **sauce** spooned over top, with **spinach salad** alongside. Enjoy!