



## Cherry Dijon Pork Medallions

with Spinach & Blue 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 blue cheese crumbles makes that easy to do.



## What we send

- 1 medium yellow onion
- 1 oz golden balsamic vinegar
- 1 oz walnuts <sup>15</sup>
- 10 oz pkg pork tenderloin
- 1 pkt chicken broth concentrate
- 1 oz dried cherries
- 4 pkts Dijon mustard <sup>17</sup>
- 1 oz blue cheese crumbles <sup>7</sup>
- 3 oz baby spinach

## What you need

- olive oil
- kosher salt & ground pepper
- sugar
- butter <sup>7</sup>

## Tools

- medium skillet

## Allergens

Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 690kcal, Fat 41g, Carbs 35g, Protein 45g



### 1. Pickle onions

Halve and thinly slice **¼ cup onion**, then coarsely chop an additional **¼ cup onion**. In a large bowl, whisk to combine **golden balsamic vinegar**, **1 tablespoon oil**, and **¼ teaspoon each of salt and sugar**. Stir in sliced onions (save chopped onions for step 4) and set aside to marinate until step 6.



### 2. Toast walnuts

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



### 3. Prep & cook pork

Pat **pork** dry, then cut crosswise into 1-inch thick rounds; season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in same skillet over medium-high. Add pork medallions and cook until well browned but not cooked through, 2-3 minutes per side. Transfer pork to a plate and set aside until step 5 (pork will finish cooking later).



### 4. Make pan sauce

Add **chopped onions** and **a pinch each of salt and pepper** to same skillet. Cook over medium heat until soft, 2-3 minutes. Add **broth concentrate**, **dried cherries**, **4 teaspoons Dijon mustard**, and **¾ cup water**. Bring to a boil; reduce heat and simmer until reduced by half, 4-6 minutes. Season to taste with **salt** and **pepper**. Stir in **1 tablespoon butter** until melted and combined.



### 5. Finish pork

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



### 6. Finish salad & serve

Add **blue cheese crumbles** to bowl with **pickled onions**, then add **spinach** and **chopped walnuts**; toss to combine. Serve **pork medallions** with **sauce** spooned over top and **spinach salad** alongside. Enjoy!