



Fennel-Crusted Pork Medallions

with Roasted Potatoes & Green Beans



30-40min



2 Servings

Fennel seeds are an aromatic spice, used in savory (and sometimes sweet!) preparations. The seed comes from the fennel plant, a flowering vegetable plant that is part of the carrot family.

What we send

- pork tenderloin
- fennel seeds
- Yukon gold potatoes
- green beans
- chicken broth concentrate
- garlic
- lemon
- fresh mint

What you need

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

Tools

- meat mallet (or heavy skillet)
- medium skillet
- rimmed baking sheet

Allergens

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

Nutrition per serving

Calories 510kcal, Fat 26g, Carbs 40g, Protein 32g



1. Roast potatoes

Preheat oven to 450°F with a rack in the lower third. Scrub **potatoes**, then cut into wedges. On a rimmed baking sheet, toss potatoes with **1 tablespoon oil**, **1 teaspoon salt**, and **a few grinds pepper**. Roast in the lower third of oven until potatoes are golden underneath, about 12 minutes.



4. Roast green beans

Flip **potatoes** and arrange on one half of the baking sheet. Add **green beans** to other half and toss with **2 teaspoons oil**, **¼ teaspoon salt**, and **a few grinds pepper**. Roast on lower oven rack until potatoes are golden and crisp, and green beans are tender and browned in spots, 8-10 minutes. Remove from oven; toss beans with **mint** and **1 teaspoon of the lemon juice**.



2. Prep ingredients

Peel and finely chop **¼ teaspoon garlic**. Crush **1 teaspoon of the fennel seeds** using a meat mallet or heavy skillet. Trim ends from **green beans**. Pick **mint leaves** from stems, discarding stems, then finely chop leaves. Finely grate **½ teaspoon lemon zest**, then squeeze **2 teaspoons juice**, keeping separate.



5. Cook pork

While vegetables roast, heat **2 teaspoons oil** in a medium skillet over medium-high. Add **pork** to skillet, and cook until browned on each side and cooked through, about 2 minutes per side. Transfer to a plate and cover to keep warm until ready to serve.



3. Prep pork medallions

Cut **pork tenderloin** into 4 equal-sized pieces, then pound to an even ¼-inch thickness. In a small bowl, combine **crushed fennel seeds**, **lemon zest**, **1 teaspoon salt**, and **a few grinds pepper**. Season pork medallions all over with **fennel-lemon zest mixture**. Let marinate until step 5.



6. Make sauce & serve

In same skillet, add **garlic** and cook until fragrant, about 30 seconds. Add **broth concentrate**, **¾ cup water**, and **remaining lemon juice** to skillet and stir, scraping up browned bits. Whisk in **1 tablespoon butter**. Bring to a boil and cook until sauce reduces slightly, about 2 minutes. Serve **pork**, drizzled with **sauce**, alongside **potatoes** and **green beans**. Enjoy!