

DINNERLY



NO ADDED GLUTEN

LOW CALORIE

Garlic-Lime Pork Medallions

with Broiled Green Beans



20-30min



2 Servings

Pork medallions sound so French bistro fancy, and tbh, they kind of are. And we like it. Because it's the kind of low-key fancy that we can handle. The juicy pork tenderloins are simply cut into smaller pieces, marinated, and then pan-fried to golden, crisp perfection. We've got you covered!

WHAT WE SEND

- pork tenderloin
- green beans
- garlic
- vegetable broth concentrate
- lime
- roasted red pepper

WHAT YOU NEED

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

TOOLS

- meat mallet (or heavy skillet)
- skillet
- microplane or grater
- 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 580kcal, Fat 41g, Carbs 10g, Protein 40g



1. Marinate pork

Peel and finely chop **1 teaspoon garlic**. Finely grate **1 teaspoon lime zest**, then squeeze **2 tablespoons juice** separately. Pat **pork** dry, then cut crosswise to get 8 pieces; pound each to ¼-inch thickness. In a medium bowl, whisk together lime zest, 1 tablespoon of lime juice, **1 tablespoon oil**, and **a pinch each salt and pepper**. Add pork; set aside to marinate.



2. Make dressing

Preheat broiler with top rack 6 inches from heat source. Finely chop **roasted red peppers**. In a medium bowl, whisk together **remaining lime juice**, **1½ tablespoons oil**, and **peppers**.



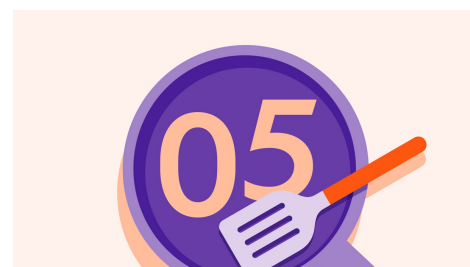
3. Broil green beans

Trim and discard ends from **green beans**. On a rimmed baking sheet, toss beans with **1 tablespoon oil**; season to taste with **salt** and **pepper**. Broil on top oven rack until tender and browned in spots, about 5 minutes (watch closely). Add to bowl with **dressing**; toss to combine.



4. Cook pork & sauce

Heat **1 tablespoon oil** in a large skillet over medium-high. Add **pork**, cook until browned, 1–2 minute per side. Transfer to a plate and cover to keep warm. Add **chopped garlic** to skillet; cook until fragrant, 30 seconds. Whisk in **vegetable broth**, **½ cup water**, and **1 tablespoon butter**; bring to a boil. Cook until reduced to ¼ cup, about 2 minutes.



5. Finish & serve

Serve **garlic-lime pork medallions** with **sauce** spooned over top and **broiled green beans** alongside. Enjoy!



6. Carbo load!

Add a side of creamy mashed potatoes, or even roasted oven wedges (use russet potatoes or sweet potatoes!)