



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. Here, we use these seeds to make juicy fennel-crusted pork medallions served alongside roasted potatoes and crisp green beans for comfort food at its best.

What we send

- 2 Yukon gold potatoes
- garlic
- ¼ oz fennel seeds
- ½ lb green beans
- ¼ oz fresh mint
- 1 lemon
- 10 oz pork tenderloin
- 1 pkt chicken broth concentrate

What you need

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

Tools

- rimmed baking sheet
- meat mallet (or heavy skillet)
- 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). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 600kcal, Fat 28g, Carbs 50g, Proteins 44g



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**; season with **salt** and **pepper**. Roast on lower oven rack 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**; season with **salt** and **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; carefully toss green beans with **mint** and **1 teaspoon of the lemon juice**.



2. Prep ingredients

Finely chop **¼ teaspoon garlic**. Use a meat mallet (or heavy skillet) to crush **1 teaspoon fennel seeds**. Trim ends from **green beans**. Pick and finely chop **mint leaves**, discarding stems. Finely grate **½ teaspoon lemon zest**, then squeeze **2 teaspoons juice** into a small bowl, keeping them separate.



5. Cook pork

While **vegetables** roast, heat **2 teaspoons oil** in a medium skillet over medium-high. Add **pork**, in batches if necessary, 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; use a meat mallet (or heavy skillet) to pound each to an even ¼-inch thickness. In a small bowl, combine **crushed fennel seeds**, **lemon zest**, **1 teaspoon salt**, and **a few grinds of pepper**. Season pork medallions all over with **fennel-lemon zest mixture**. Set aside to marinate until step 5.



6. Make sauce & serve

To same skillet, stir in **garlic** and cook until fragrant, about 30 seconds. Add **broth concentrate**, **¾ cup water**, and **remaining lemon juice**; stir, scraping up any 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!