



Balsamic Glazed Pork Tenderloin Medallions

with Polenta Cakes, Green Beans, & Apples

This isn't your typical pork chop — these medallions are elevated by a balsamic glaze, pine nuts, and golden raisins for an experience that's both sweet and savory. Round off the plate with a soft polenta cake and a light side of green beans and Fuji apples.

Ingredients

- Pork medallions
- Fennel & sage rub
- Polenta cakes **M**
- Green beans
- Pine nuts **T**
- Golden raisins
- Balsamic glaze
- Butter **M**
- Fuji apple
- Shallot

Allergens

M Milk **T** Tree nuts (optional)

Supplies to Gather

- Nonstick saute pan with a lid (12 inches)
- Nonstick saute pan (10 inches or larger)
- Kitchen knife & cutting board
- Spatula
- Kitchen tongs
- Cooking spoon
- Paper towels
- Salt & pepper
- Cooking oil

Did You Know?

The first historical reference to balsamic vinegar dates back to 1046, when a bottle of balsamic vinegar was reportedly given to Emperor Enrico III of Franconia as a gift.



B

580

Calories
Per Serving



Best
Seller



Not
Spicy



Step 1

- Rinse and pat dry your fresh produce.
- Cut the **Fuji apple** in half, remove the core, and discard. Then slice into thin wedges.
- Slice the **shallot** lengthwise into strips.
- Trim the **green beans** as needed.



Step 2

- Place a large nonstick sauté pan onto the stovetop, add 1 tbsp. of cooking oil, and set the heat to **medium**. Add the **green beans**, sliced **Fuji apple**, and sliced **shallot**. Cook for 3 min, stirring occasionally.
- Add **2 tbsp. of water**, cover the pan with a lid, and cook for 3 additional min, or until the green beans and apple are tender. **Turn off the heat**.



Step 3

- Meanwhile, place a second nonstick sauté pan onto the stovetop, add 1-2 tbsp. of cooking oil, and set the heat to **medium**. When the oil is hot, **carefully** add the **polenta cakes** and cook for 2-3 min on each side until golden-brown. **Turn off the heat** and use a spatula to transfer them to your serving plates.



Step 4

- Place the **pork medallions** onto paper towels and pat dry. Lightly season all sides with salt and the **fennel and sage rub**.
- Return the sauté pan used in **Step 3** to the stovetop, add 1-2 tbsp. of cooking oil, and set the heat to **medium**. When the oil is hot, **carefully** place the pieces of pork into the pan. Cook for 3 min to form a browned crust.
- Use tongs to turn over the pork and cook for 2-3 additional min. **Turn off the heat** and transfer the pork medallions to your serving plates.
- Return the pan to the stovetop, set the heat to **medium**, and add the **butter**. Allow the butter to melt, then stir in the **pine nuts** and **golden raisins**. Cook until the pine nuts are lightly toasted, then **turn off the heat**. Add the **balsamic glaze** and gently stir together.



Let's Plate!

Place the green beans and apples alongside the pork and polenta cakes on your serving plates, then drizzle the pork medallions with the balsamic glaze.

▶ Please Note:

Cooking times may vary due to different appliances and temperatures. **Adjust cooking times accordingly.**

When adding ingredients to a hot pan **always be careful of any oil splatter.**