

Creamy Pork Tenderloin Medallion

This is a very easy and inexpensive dish to make but taste like something out of Paris.



INGREDIENTS

- 1 pound pork tenderloin cut into medallions
- Salt & pepper to taste
- Flour lightly covered
- 1 tablespoon olive oil
- 2 tablespoons butter
- 2 cloves garlic minced
- 1/2 teaspoon Dijon mustard
- 1/4 cup chicken broth (and/or dry white wine)
- 1/4 teaspoon Herbes de Provence (or Italian seasoning)
- 1 cup heavy/whipping cream
- 1/2 tablespoon fresh parsley chopped

INSTRUCTIONS

- Trim off excess fat and slice the pork tenderloin into about 1" thick pieces (rounds).
- Season the pork with salt & pepper and coat each piece in flour.
- Add the oil and butter to a skillet over medium-high heat. Once the pan is hot, add the pork (you may need to do this in batches) and cook for about 3 minutes/side or until they're lightly golden. Take the pan off the heat and remove the pork from the pan.
- Stir in the garlic, Dijon mustard, chicken broth, Herbes de Provence, and then return the pan to the heat. Scrape up any brown bits. Let the sauce cook for about a minute.
- Stir in the cream and let it bubble for about 2 minutes. Add the pork back in and cook for 5 minutes (you may need to turn the heat down a bit) until the pork is cooked through and the sauce has thickened to your liking.
- Sprinkle the fresh parsley over top and season with extra salt & pepper if needed.



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