



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

- butter⁷
- kosher salt & ground pepper
- olive oil

Tools

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

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 510.0kcal, Fat 26.0g, Proteins 32.0g, Carbs 40.0g



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!