



Fennel-Crusted Pork Medallions

with Roasted Potatoes & Green Beans



30-40min



4 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

- lemon
- pork tenderloin
- garlic
- fennel seeds
- chicken broth concentrate
- Yukon gold potatoes
- green beans
- fresh mint

What you need

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

Tools

- 2 rimmed baking sheets
- large skillet
- meat mallet (or heavy 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 490.0kcal, Fat 25.0g, Proteins 31.0g, Carbs 37.0g



1. Roast potatoes

Preheat oven to 450°F with racks in the lower and upper thirds. Scrub **potatoes**, then cut into wedges. On a rimmed baking sheet, toss potatoes with **2 tablespoons oil**, **1½ teaspoons salt**, and **a few grinds pepper**. Roast in lower third of oven until golden and crisp all over, flipping potatoes halfway through, 23-28 minutes.



4. Roast green beans

On a second rimmed baking sheet, toss **green beans** with **1½ tablespoons oil**, **½ teaspoon salt** and **few grinds pepper**. Roast in upper third of oven until green beans are tender and browned in spots, 10-12 minutes. Remove from oven and toss green beans with **mint** and **1½ teaspoons of the lemon juice**.



2. Prep ingredients

Peel and finely chop **½ teaspoon garlic**. Crush **2 teaspoons 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 **1 teaspoon lemon zest**, then squeeze **1 tablespoon juice**, keeping separate.



5. Cook pork

While vegetables roast, heat **1 tablespoon oil** in a large skillet over medium-high. Add **pork** to skillet, and cook until browned on each side and cooked through, about 2 minutes per side (cook in batches if necessary to not overcrowd skillet). Transfer to a plate and cover to keep warm until ready to serve.



3. Prep pork medallions

Cut **pork tenderloin** into 8 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 **several grinds of 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, 30 seconds. Add **all of the broth concentrate**, **1½ cups water**, and **remaining lemon juice** to skillet and stir, scraping up browned bits. Whisk in **2 tablespoons butter**. Bring to a boil. Cook until sauce reduces slightly, 3-4 minutes. Serve **pork**, drizzled with **sauce**, alongside **potatoes** and **green beans**. Enjoy!