



# DINNERLY



**NO ADDED GLUTEN**

**LOW CALORIE**

## Garlic-Lime Pork Medallions with Broiled Green Beans

 20-30min  4 Servings

Pork medallions sound so French bistro fancy, and tbh, they kind of are. And we like it. Because it's the kind of low-key fancy that we can handle. The juicy pork tenderloins are simply cut into smaller pieces, marinated, and then pan-fried to golden, crisp perfection. We've got you covered!

## WHAT WE SEND

- lime
- vegetable broth concentrate
- garlic
- pork tenderloin
- roasted red pepper
- green beans

## WHAT YOU NEED

- butter <sup>7</sup>
- kosher salt & ground pepper
- olive oil

## TOOLS

- skillet
- meat mallet (or heavy skillet)
- microplane or grater
- rimmed baking sheet

## ALLERGENS

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 550.0kcal, Fat 38.0g, Proteins 39.0g, Carbs 12.0g



### 1. Prep ingredients

Peel and finely chop **1½ teaspoon garlic**. Finely grate **2 teaspoons lime zest**, then squeeze **3 tablespoons juice** separately. Pat **pork** dry, then cut crosswise to get 12 pieces; pound each to ¼-inch thickness. In a medium bowl, whisk together lime zest, 1½ tablespoons of lime juice, **1 tablespoon oil**; season with **salt and pepper**. Add pork; set aside to marinate.



### 2. Make dressing

Preheat broiler with top rack 6 inches from heat source. Finely chop **roasted red peppers**. In a large bowl, whisk together **remaining lime juice, 3 tablespoons oil, and peppers**.



### 3. Broil green beans

Trim and discard ends from **green beans**. On a rimmed baking sheet, toss beans with **2 tablespoons oil**; season to taste with **salt and pepper**. Broil on top oven rack until tender and browned in spots, 6–7 minutes (watch closely). Add to bowl with **dressing**; toss to combine.



### 4. Cook pork

Heat **1 tablespoon oil** in a large skillet over medium-high. Add **pork**, cook in batches, until browned, 1–2 minutes per side. Transfer to a plate and cover to keep warm. Add **chopped garlic** to skillet; cook until fragrant, 30 seconds. Whisk in **vegetable broth, 1 cup water, and 2 tablespoons butter**; bring to a boil. Cook until reduced to ½ cup, 3–4 minutes.



### 5. Finish & serve

Serve **garlic-lime pork medallions** with **sauce** spooned over top and **broiled green beans** alongside. Enjoy!



### 6. Carbo load!

Add a side of creamy mashed potatoes, or even roasted oven wedges (use russet potatoes or sweet potatoes!)