

PORK AND PEPPERS



SERVING SIZE

6



INGREDIENTS

| ITEM | QUANTITY | ITEM | QUANTITY |
|----------------------------------|----------|---|----------|
| Garlic Cloves, Peeled and minced | 4 | Pork Tenderloin, Cut into 1-inch medallions | 2 Lb. |
| Coarse Salt | 1½ Tsp. | Red Bell Peppers, Julienned | 2 |
| Olive Oil | 2 Tbsp. | Low Sodium Broth | 1 Cup |
| Whole Black Peppercorns | 1 Tbsp. | Lemons | 2 |
| Vinegar | 2 Tbsp. | | |



PREPARATION

- ✔ Heat olive oil in a large skillet over medium-high heat.
- ✔ Add minced garlic and black peppercorns, sautéing for 1 minute until fragrant.
- ✔ Season pork medallions with salt and add them to the pan. Sear for 2-3 minutes on each side until golden brown.
- ✔ Add julienned red bell peppers and cook for another 3 minutes.
- ✔ Pour in the broth, vinegar and lemon juice, stirring to deglaze the pan.
- ✔ Cover and simmer for 10 minutes, allowing flavors to meld.
- ✔ Serve hot, garnished with fresh herbs if desired.