

Pork Tenderloin with Apples and Sage

2 servings

40 minutes

Ingredients

½ Pork Tenderloin

Kosher salt and freshly ground black pepper

1 tbl olive oil

1 tbl butter

1 tbl apple cider vinegar

¼ cup onion, sliced

1 apple, peeled, cored, and sliced

1 tbl thinly sliced fresh sage leaves

1/3 cup chicken broth, homemade or low-sodium canned

1 1/2 tsp whole-grain mustard

1 tbl agave syrup

Directions

Preheat oven to 375°F.

Heat a large skillet over medium-high heat. Dry the pork loin and season with salt and pepper. Add the oil to the skillet and heat until shimmering. Lay the pork in the pan and cook until browned on the first side, about 3 minutes. Turn and cook until all the sides are browned, about 5 minutes more. Transfer the pork to a baking dish, and finish in the oven for about 15 minutes. Remove and cover.

While the pork is resting, add the onions to the skillet, stir and season with salt and pepper. Cover, and reduce heat to medium and cook until soft, about 8 minutes. Add the cider vinegar and stir, scraping up the browned bits that cling to the skillet. Set aside in a bowl.

Add butter to skillet, raise heat to medium-high. Add the apples and sage; cook, stirring occasionally, until golden, about 3 minutes. Stir in the broth, mustard and agave, and simmer until the apples soften, about 2 minutes. Return the onions and any accumulated juices from the pork to the skillet. Simmer to thicken slightly, about 2 minutes. Slice the pork loin into medallions, and nestle the pork in the onions and heat until the meat is warmed through.

Divide the pork among 2 plates and smother them with apples and onions. Serve.