

Sautéed Pork Tenderloin Medallions with Lemon-Garlic Sauce



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Ingredients

1 lb. pork tenderloin, lean only, trimmed
 $\frac{1}{4}$ teaspoon plus $\frac{1}{8}$ tsp black pepper, divided
 $\frac{1}{4}$ teaspoon salt, divided
2 teaspoons olive oil, divided
2 cloves garlic, minced
 $\frac{1}{2}$ cup dry white wine, (for a non-alcoholic recipe, substitute low-sodium chicken broth)
 $\frac{1}{2}$ cup chicken broth, low-sodium
1 tablespoon lemon juice
2 teaspoons grated lemon zest
1 tablespoon fresh chopped parsley or 1 $\frac{1}{2}$ tsp chopped fresh sage or rosemary*

Method

1. Cut pork into 12 slices, about 1-inch-thick each. Sprinkle pork on all sides with $\frac{1}{4}$ teaspoon pepper and $\frac{1}{8}$ teaspoon salt. Heat 1 teaspoon oil in a large heavy skillet over medium-high heat. Add pork and cook, turning once, until pork

is well-browned and internal temperature reaches 145°F, about 1 1/2 minutes on each side. Transfer pork to a serving platter and cover to keep warm.

2. Add remaining teaspoon oil to skillet. Add garlic and cook, stirring constantly, until garlic is fragrant, about 30 seconds. Add wine and broth. Increase heat to high and cook, stirring to scrape up browned bits from bottom of skillet, until liquid is reduced by two thirds, about 5 minutes.

3. Remove skillet from heat and stir in remaining 1/8 teaspoon pepper, remaining 1/8 teaspoon salt, lemon juice, lemon zest and parsley. Serve pork drizzled with sauce.

Notes

*To substitute fresh herbs with dried herbs, use 1 1/2 teaspoons dried parsley or 3/4 teaspoon dried sage, or 3/4 teaspoon dried rosemary

Prep

- Prep: 10 Minutes
- Cook: 10 Minutes

Source: Weight Watchers (4 servings | about 3 ounces of Pork and 1 1/2 tablespoons sauce)