



JERNEJ KITCHEN

PORK MARBELLA (WITH PRUNES AND OLIVES)

Pork Marbella is a delicious dinner recipe. The Pork Tenderloin is served with prune, olive, and capers sauce. The meat is tender, and the sauce is divine.

SERVES	4	PEOPLE
PREPARATION:	20	MINUTES
COOK:	15	MINUTES
TOTAL TIME:	35	MINUTES

PORK MARBELLA

- 600 g (21 oz) pork tenderloin
- 2 tbsp olive oil
- 1 tsp salt, 1/4 tsp pepper
- 4 garlic cloves
- 60 ml (1/4 cup) white wine
- 30 g (1/4 cup) capers
- 1 tsp honey
- 1 tsp Sherry vinegar
- 1/4 tsp oregano, 1/4 tsp thyme
- 2 tbsp olive oil, for cooking
- 120 ml (1/2 cup) Port wine
- 80 g (1/2 cup) prunes, pitted
- 80 g (1/2 cup) green olives, pitted
- 120 ml (1/2 cup) vegetable broth

TOOLS AND EQUIPEMENT

- kitchen knife
- bowl
- paper towels
- large pan

PREPARE THE PORK TENDERLOIN

Cut the pork tenderloin into 2.5 cm (1-inch) medallions. Add to a bowl and season with olive oil, salt, pepper, crushed garlic, white wine, capers, honey, vinegar, thyme, and oregano. Stir to combine and set aside for 10 - 15 minutes.

TIP

Feel free to make this up to a day ahead. Keep in your fridge for up to 12 hours.

COOK THE MEAT

Take the meat from the bowl and pat dry using paper towels. Keep the marinade. Place a large pan over high heat. Add two tablespoons of olive oil. Add the meat and cook for 2 - 3 minutes, then turn the meat and continue to cook for another 2 - 3 minutes. Transfer to a plate and pour the cooking liquid over the meat.

MARBELLA

Place the same pan over medium heat. Add the remaining marinade, Port wine, prunes, olives, and broth. Bring to a boil, then simmer for 6 - 8 minutes. Add the meat and all those delicious cooking liquids and cook for another minute.

SERVE

Divide the pork tenderloin with the sauce between four plates and serve with your favorite side dish.