



JERNEJ KITCHEN

PORK MEDALLIONS WITH APPLES AND ONION

Pork Medallions with Apples and Onion is a simple dinner recipe for Autumn and Winter. It is also perfect to serve for special occasions.

SERVES	4	PEOPLE
PREPARATION:	10	MINUTES
COOK:	20	MINUTES
TOTAL TIME:	30	MINUTES (+MARINATE)

PORK MEDALLIONS WITH APPLES AND ONION

800 g (1.8 pounds) pork medallion

1 tbsp olive oil, to marinate

1 tsp fennel seeds

3 onions

3 garlic cloves

2 apples

2 tbsp butter

1 tsp honey

1/4 tsp thyme

2 sage leaves

1 tsp dijon mustard

120 ml (1/2 cup) white wine

TO SERVE (OPTIONAL)

4 cups kale

1 tbsp olive oil

2 tbsp Parmesan cheese, shredded

TOOLS AND EQUIPEMENT Sponsored

cutting board

kitchen knife

bowl

SEASON THE MEAT

Add the pork medallions to a bowl. Season with olive oil, freshly ground pepper, fennel seeds, and salt. Stir to combine, and set aside for 20 minutes or overnight (covered) in the fridge.

PAN-FRY THE MEAT

Place the Tefal Unlimited pan over medium heat. Add the pork medallions and pan-fry them on both sides, approximately 2 - 3 minutes per side. Transfer to the pan and make the sauce.

SAUCE

Peel the onion and cut it into larger pieces. Peel the apples and cut them into thin wedges. Add the thinly sliced garlic to the pan, stir, and cook over medium-low heat for 5 minutes. Add the butter and cook for 2 - 3 minutes. Stir in the honey, thyme, sage, dijon mustard and white wine. Cook for 6 - 8 minutes for the alcohol to evaporate and the onions to soften. Arrange the pan-fried meat on top and pour over the cooking juices. Cook for 2 minutes, then serve with your favorite side dish.

KALE (OPTIONAL)

Pour water into a saucepan and place over medium heat. Season with salt and add the kale. Cook for 30 seconds, then drain and put on a serving plate. Drizzle with olive oil, season with salt, and sprinkle with grated parmesan cheese. Serve with the meat.

pan
saucepan