
Pork Tenderloin Medallions with Onion-Chutney Relish

Description

With this recipe, the pork's juices are sealed into the meat, resulting in succulent, tender medallions. Top that with slow-cooked onion and chutney relish, and you have the makings of a great meal!

Total time: 1 hr 45 min Yield: 6 Servings

Ingredients

3 lb pork tenderloin
1 tsp Italian or Mediterranean seasoning
1 tsp garlic salt
salt
black pepper
2 Tbsp extra virgin olive oil
1 cup low-sodium chicken broth
1 cup pineapple juice
1 tsp parsley (dried or chopped fresh for garnish)
2 large sweet onions (quartered and sliced ½" thick)
non-stick cooking spray
1 cup mango chutney

Prep Time: 1 hr 45 min Total Time: 1 hr 45 min

Instructions

Preheat oven to 350° F. After slicing the onions, toss them in the olive oil and season with salt and pepper. Spread the onions in an 8" x 13" baking pan prepped with cooking spray and bake for 20 to 30 minutes, tossing at least once.

Meanwhile, season the tenderloin with garlic salt, Italian seasoning, salt and pepper. Heat oil in a large frying pan on medium high, and thoroughly brown all sides of the tenderloin. When the onions are done cooking, stir them and add the tenderloin, chicken broth, and pineapple juice to the baking pan. Bake for about 25 minutes, or until the internal temperature of the meat reaches 165° F. Remove the tenderloin from the pan, and cover lightly with foil. Add mango chutney to the baking dish while it's still hot and mix with the onions and remaining pan juices.

To serve, slice the meat into ½" thick medallions, lay them on the onion and mango chutney relish, sprinkle with parsley and enjoy!

Recipe brought to you by:

Chef Michi Holland

Source:

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