



## Christy Boston's Kitchen

### Website:

[www.christybostonskitchen.com](http://www.christybostonskitchen.com)

**Serves: 4**

**Total Time: 8 hrs 25 mins**

Prep: 10 mins

Marinate: 8 hrs

Cook: 15 mins

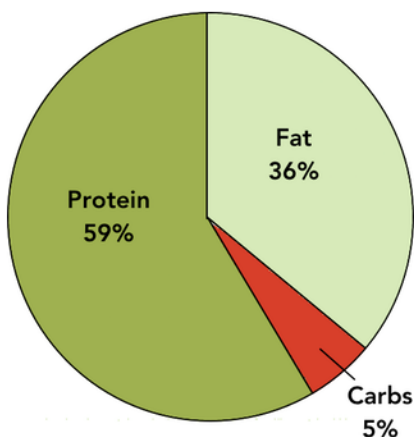
### Nutritional info per serving:

Cal: 251.4, Fat: 8.8g,

Protein: 32.3g, Net Carbs: 2.9g,

Sugar: 0.6g

### Macros:



# Pork Tenderloin Medallions with a Mustard Infused Reduction

### Ingredients:

- 1 lb pork tenderloin, sliced crosswise into 1-inch thick medallions
- 1/2 cup unsweetened coconut milk, full fat
- 1/2 cup soy sauce
- 3 garlic cloves, peeled and smashed
- 2 tablespoons canola oil
- 1/2 cup red wine
- 1/2 teaspoon hot Chinese mustard
- sliced scallions, for garnish
- red pepper flakes, for garnish

### Directions:

1. Whisk together the coconut milk, soy sauce, and garlic. Place the pork medallions in a large ziplock bag. Pour the soy marinade into the bag and close, pushing out any excess air. Gently rub the marinade into the pork, then cover and chill for a minimum of 8 hours.

2. When ready to make the pork, heat 1 tablespoon canola oil in a large skillet over medium high. Place the pork medallions in the skillet so that they are not overlapping (do not discard the marinade). Fry them for 4 minutes, then flip them over. They should be nice and brown. (If the pan dries out, add the remaining tablespoon canola oil and gently swirl the pork in the oil to prevent it from sticking to the skillet.) Reduce the heat to medium and cover, then cook the pork for another 3-4 minutes. Transfer to a plate when done.

3. Reduce the heat to medium low and add 2 tablespoons of the reserved marinade to the skillet. Immediately add the red wine, use a wooden spoon to deglaze the pan. Add the mustard and stir constantly while the sauce simmers for another 5 minutes, or until reduced by half and thickened. The sauce should become smooth and dark. When this happens, remove the skillet from the heat.

4. Spoon about a tablespoon of the sauce onto plates, then swirl it around to make a circular pattern. Flick a few drops around the swirls for good measure. Carefully place two or three pork medallions on top of the sauce, then drizzle a little more sauce over the pork. Garnish with sliced scallions and red pepper flakes.