



Panko-Crusted Pork Medallions

WITH DILL BUTTERED CARROTS AND POTATOES

Oven-Ready Plus



Prep & Cook Time

25-35 MIN

Cook Within

6 DAYS

You Will Need

Olive Oil, Salt, Pepper
Medium Non-Stick Pan

Ingredients

- 4 Tbsp. Panko Breadcrumbs
- 12 oz. Pork Tenderloin Medallions
- 8 oz. Coin Cut Carrots
- 1/2 tsp. Garlic Pepper
- 8 oz. Cooked Diced Red Potatoes
- .75 oz. Roasted Garlic & Herb Butter
- 2 Dill Sprigs
- 2 fl. oz. Brewpub Style Mustard

Difficulty Level

EASY

Spice Level

NOT SPICY

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/24808

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, sesame, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

Before You Cook

All cook times are approximate based on testing.



1. Start the Vegetables

- Turn oven on to 425 degrees. Let preheat, at least 10 minutes. Thoroughly rinse any fresh produce and pat dry.
- In provided tray, combine **carrots**, 2 tsp. **olive oil**, **garlic pepper**, and ¼ tsp. **salt**. Cover tray with foil.
- Bake covered in hot oven until starting to soften, 15-17 minutes.
- While vegetables bake, continue recipe.



2. Add the Pork

- Pat **pork** dry and season all over with a pinch of **salt** and **pepper**. If you receive a whole tenderloin, pat dry, then slice into medallions, ¾"-thick.
- Place **panko** on a plate and spread into an even layer. Place pork in panko, pressing gently to adhere to one side.
- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add pork, panko-side down, to hot pan and sear, 2 minutes.
- Remove from burner.
- While pork sears, drain **potatoes** and pat dry.
- Carefully remove tray from oven. Stir potatoes into **carrots**. Push vegetables to one side. Place pork, seared-side up, in now-empty side. Tray will be hot! Use a utensil.



3. Bake the Meal

- Bake uncovered in hot oven until **pork** reaches a minimum internal temperature of 145 degrees, 8-10 minutes.
- While meal bakes, stem **dill**.
- Carefully remove tray from oven. Rest, 3 minutes.
- Stir **butter** into **vegetables**.
- To serve, place pork on **mustard** and garnish vegetables with dill. Bon appétit!