



HOME CHEF

Apricot Glazed Pork Medallions

With Roasted Coriander Carrots and Creamy Tahini Swiss Chard



Invite a friend or significant other over to wow them with this hearty, healthy, and fancy dish. You'll control the heat level in the spiced apricot glaze that drapes juicy pork tenderloin medallions. It's served with a side of roasted-coriander carrots and pan-fried Swiss chard dressed in a creamy tahini sauce.

OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



MEDIUM SPICE



DAYS BEST COOKED BY

NUTRITION

Calories: 540
Carbohydrates: 28g
Fat: 22g
Protein: 61g
Sodium: 775mg
per serving

DIETARY



LOW CALORIE



LOW CARB



GLUTEN-FREE



NUT-FREE



SOY-FREE

DRINK PAIRING

Dry, "Kabinett"-style Rieslings go beautifully with the apricot notes in this tenderloin. Otherwise, dare we suggest an Apricot Ale?

INGREDIENTS

9 oz. Swiss Chard
2 Garlic Cloves
10 oz. Carrots
3 Thyme Sprigs
1 oz. Sour Cream
½ oz. Tahini
1 Pork Tenderloin
1 tsp. Ground Coriander
2 oz. Apricot Preserves
¼ tsp. Red Pepper Flakes
2 tsp. Sesame Seeds

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Baking Sheet
Mixing Bowl
Medium Pan

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Prepare the Ingredients

Thoroughly rinse produce and pat dry. Preheat oven to 375 degrees and prepare a baking sheet with aluminum foil. Stem **chard** and roughly chop leaves. Roughly chop **garlic**. Peel **carrots** and cut into 1” chunks. Stem **thyme sprigs**. In a small mixing bowl, combine **sour cream** with **tahini** and 2 Tbsp. of **water**. Season with a pinch of **salt** and **pepper**. Rinse **pork tenderloin** and pat dry. Slice pork tenderloin into 1” medallions and season with a pinch of **salt and pepper**.



Cook the Carrots

Arrange **carrots** on baking sheet and drizzle with **olive oil**. Season with **coriander** and a pinch of **salt and pepper**. Roast in oven for 20 minutes or until fork tender and lightly caramelized.



Cook the Pork Tenderloin Medallions

Heat 1 tsp. of **olive oil** in a medium pan. Working in two batches, add half of the **medallions** to pan and sear 4 minutes on first side. Flip medallions, sear for another 3 minutes, then remove to a plate. Drain excess fat from pan and repeat with second batch, removing them to the plate when finished so the pan is empty for the glaze.



Finish the Apricot Glaze

Add **apricot preserves**, **thyme leaves**, ¼ cup of **water**, and **red pepper flakes** (to taste—start with a pinch, taste, and add more if desired) to pan, and mix well to combine. Return **pork medallions** to the pan and bring **glaze** to a simmer. Cook for 5-6 minutes, turning once, until mixture is thickened, pork medallions are glazed, and a minimum internal temperature of 160 degrees is reached. Remove medallions and any glaze in pan to a clean plate and set aside. Wipe out pan and return to heat.



Cook the Chard

Heat 1 tsp. of fresh **olive oil** in pan and add **minced garlic** and **chopped chard**. Season with a pinch of **salt and pepper** and stir often, until leaves begin to wilt, about 2-3 minutes. Toss in **sesame seeds**, stir to coat evenly, and prepare to serve.



Plate the Dish

Place a serving of **carrots** and **chard** next to the plated **pork medallions**. Top chard with a drizzle of **sour cream-tahini mixture**, and dig in!