



# Sage Butter Pork Medallions

WITH CARAMELIZED ONION GREEN BEANS

Express



### Prep & Cook Time

20-30 MIN

### Cook Within

4 DAYS

### You Will Need

Olive Oil, Salt, Pepper  
2 Medium Non-Stick Pans,  
Microwave-Safe Bowl

### Ingredients

- 1/2 oz. Roasted Pecan Pieces
- 1 Shallot
- .6 oz. Butter
- 1 oz. Caramelized Onion Jam
- 1/2 tsp. Garlic Salt
- 2 tsp. Chicken Demi-Glace Concentrate
- 1 Sage Sprig
- 8 oz. Green Beans
- **Customize It Options**
- 12 oz. Pork Tenderloin Medallions
- 12 oz. Antibiotic Free Boneless Skinless Chicken Breast
- 10 oz. Filets Mignon
- 12 oz. Salmon Fillets

### Difficulty Level

EASY

### Spice Level

NOT SPICY

### Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.

View nutritional information at [www.homechef.com/36840](http://www.homechef.com/36840)

\*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, sesame, wheat, egg, soy, milk, fish, 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.

- Wash hands thoroughly with soap and warm water before cooking and after handling raw meat or seafood
- Remove all produce from any packaging or constraints, then thoroughly rinse and pat dry



## Customize It Instructions

- If using **antibiotic free chicken breasts**, pat dry. Cook until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **filets mignon**, pat dry. Cook until steak reaches desired doneness, or 4-6 minutes per side for medium/medium-well. Rest, 3 minutes. Steak thickness can vary; if you receive a thinner steak, we recommend checking for doneness sooner.
- If using **salmon**, pat dry. Add salmon, skin-side up first, and cook until salmon reaches minimum internal temperature, 4-6 minutes per side.

## 1. Prepare the Ingredients

- Stem and mince **sage**.
- Peel and halve **shallot**. Slice thinly.
- Pat **pork medallions** dry and season both sides with **garlic salt** and a pinch of **pepper**. If you receive a whole tenderloin, pat dry and, on a separate cutting board, slice into medallions, 3/4"-thick.



## 2. Cook the Green Beans

- Trim **green beans**, if necessary. Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **shallots** to hot pan and stir occasionally until tender, 1-2 minutes.
- Add green beans and 2 Tbsp. **water**. Cover and cook undisturbed until green beans are tender, 7-9 minutes, stirring once halfway through.
- If green beans need more time, add 2 Tbsp. water and stir occasionally, 1-3 minutes.
- Uncover and stir in **onion jam**, 1/2 tsp. **salt**, and a pinch of **pepper**. Remove from burner. Cover and set aside.
- While green beans cook, continue recipe.



## 3. Cook the Pork

- Place another medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **pork medallions** to hot pan and cook until lightly browned, 3-5 minutes.
- Flip and move medallions to outer edge of pan. Cook until pork reaches a minimum internal temperature of 145 degrees, 1-2 minutes.
- Medallion thickness can vary; if you receive a thinner medallion, we recommend checking for doneness sooner.
- Remove from burner. Transfer pork medallions to a plate. Rest, 3 minutes.
- While pork cooks, continue recipe.



## 4. Make Sauce and Finish Dish

- In a microwave-safe bowl, combine 1/2 tsp. **sage** and **demi-glace**. Stir to combine. Microwave uncovered until heated through, 10-20 seconds.
- Carefully remove from microwave. Add **butter** and stir until melted and combined.
- Plate dish as pictured on front of card, topping **pork** with sauce and garnishing **green beans** with **pecans**. Bon appétit!