



NUTRITION *per serving* 22g carbohydrates 36g fat 47g protein 1558mg sodium | calorie-conscious, carb-conscious



Calories
590



Prep & Cook Time
25-35 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

- 1 Cauliflower Head
- 6 oz. Carrot
- 2 Green Onions
- 2 Garlic Cloves
- 4 Parsley Sprigs
- 1 Celery Stalk
- ¼ oz. Capers
- 1 Pork Tenderloin
- 1 fl. oz. Red Wine Vinegar
- ½ oz. Dijon Mustard

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- 2 Mixing Bowls
- Grill Pan or Outdoor Grill

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Parsley-Caper Pork Medallions

with warm cauliflower salad

BEFORE YOU COOK

- ❑ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ❑ Preheat oven to **450 degrees**
- ❑ Thoroughly rinse produce and pat dry
- ❑ Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- ❑ **Heads up!** Green onions are used twice. **White portions** are roasted with **vegetables**, and **green portions** are added to **dressing**.

FROM THE CHEF

Impress your diners (and yourself) by getting pro-looking crosshatch marks on grilled meats. Imagine your grill is a clock and place meat on grill so tip points at 10 o'clock. After 2-3 minutes, rotate so tip points at 2, and cook another 2-3 minutes. Repeat on second side. This enhances presentation, allows meat to cook evenly, and gets great char flavor.

Did you know...

When capers are ready to be picked, they are about the size of a corn kernel and are dark green in color. Picked capers are pickled in a solution of either salt or vinegar and salt. The flavor comes from when mustard oil is released from the caper buds.



1

Prepare the Ingredients

Remove leaves from **cauliflower head**, core, and cut into bite-sized florets. Peel **carrot**, and using peeler, shave into long ribbons. Discard top. Trim and slice white portions of **green onions** into ½” pieces. Thinly slice remaining green onions on an angle. Mince **garlic**.



2

Roast the Vegetables

Add **cauliflower florets**, **carrot ribbons**, **white portions of green onions**, and **garlic** to baking sheet. Toss with 1 Tbsp. **olive oil**, ½ tsp. **salt**, and ¼ tsp. **pepper**. Spread into a single layer and roast until cauliflower is fork-tender, 20-22 minutes. While vegetables roast, make sauce.



3

Finish Prep and Make Caper Sauce

Mince **parsley**, both stems and leaves. Trim ends off **celery** and cut into ¼” dice. Stir together parsley, **capers**, and 2 Tbsp. **olive oil** in a small mixing bowl. Heat a grill pan or outdoor grill to medium-high heat and prepare with **cooking spray**.



4

Grill the Medallions

Pat **tenderloin** dry. On a separate cutting board, slice tenderloin into 8-10 medallions, ½”-¾” thick. Brush both sides with 2 tsp. **olive oil**, and season both sides with ½ tsp. **salt** and ¼ tsp. **pepper**. Add pork to hot grill and cook until browned and pork reaches a minimum internal temperature of 145 degrees, 3-4 minutes per side. While pork cooks, prepare salad.



5

Prepare the Salad

Combine **red wine vinegar**, 2 Tbsp. **olive oil**, **Dijon**, **celery**, and **green portions of green onions** in a large mixing bowl. Add **roasted vegetables** and toss to coat.



6

Plate the Dish

Place **cauliflower salad** on plate alongside **pork medallions**. Spoon **caper sauce** over pork.