



**NUTRITION** per serving 35g carbohydrates 25g fat 43g protein 1298mg sodium | calorie-conscious, carb-conscious



Calories  
**608**



Prep & Cook Time  
**25-35 min.**



Cook Within  
**6 days**



Difficulty  
**Easy**



Spice Level  
**Medium**



## Carolina Gold BBQ Pork Medallions

with apple-chile slaw

### IN YOUR BOX

- 1 Fuji Apple
- 1 Red Fresno Chile
- 1 oz. Honey Roasted Peanuts
- 4 oz. Slaw Mix
- 2 fl. oz. Apple Cider Vinegar
- 1 Pork Tenderloin
- 1 ½ fl. oz. Honey Mustard Dressing
- ½ oz. Light Brown Sugar
- 1 tsp. Frank's RedHot Sauce

**CONTAINS:** eggs, peanuts, soy  
*Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients*

### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Mixing Bowl
- Medium Non-Stick Pan

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## BEFORE YOU COOK

- ❑ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ❑ Thoroughly rinse produce and pat dry

## WHILE YOU COOK

- ❑ **Spice Alert!** Fresno chile adds heat comparable to fresh jalapeño. Use to taste or omit to suit your spice preference. Be sure to wash hands and cutting board after prepping.
- ❑ **Heads Up!** Vinegar is used twice. Half is added to **slaw** and remaining is added to **sauce**.
- ❑ **Spice Alert!** Hot sauce is aptly named. Use to taste.

## FROM THE CHEF

Brown sugar in glaze caramelizes quickly when added to pan. Reduce heat and add 1 Tbsp. water if glaze appears too thick.

### Did you know...

North Carolina is home to (at least) two styles of barbecue. Lexington style uses a “red” sauce of ketchup, pepper, and vinegar and mostly utilizes the pork shoulder. Eastern-style uses “every part of the hog except the squeal” and has a vinegar-based sauce.



### Prepare the Ingredients

Quarter **apple** and remove core. Cut quarters into thin slices widthwise. Stem and halve **Fresno**. *Discard seeds and ribs if you prefer less spice.* Slice Fresno thinly lengthwise. Coarsely chop **peanuts**.



### Make the Slaw

In a mixing bowl, combine **slaw, apple, Fresno** (to taste), half the **vinegar** (reserve remaining for sauce), 2 tsp. **olive oil**, ¼ tsp. **salt**, and ¼ tsp. **pepper**. Toss to coat and set aside.



### Cut the Medallions

Pat **pork tenderloin** dry. On a separate cutting board, slice into medallions, ½”-¾” thick. Season both sides with ½ tsp. **salt** and ¼ tsp. **pepper**.



### Cook the Pork

Heat a medium non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and **medallions** to hot pan. Cook until browned and pork reaches a minimum internal temperature of 145 degrees, 3-4 minutes per side. Transfer to a plate and rest 3 minutes. Reserve pan; no need to wipe clean.



### Make Sauce and Glaze Medallions

Stir **honey mustard dressing, brown sugar, remaining vinegar, and hot sauce** (to taste) in pan used to cook pork. Return pan to medium heat and bring to boil. Reduce until the consistency of maple syrup, 1-2 minutes. Return **medallions** to pan and flip until evenly coated. Remove from burner.



### Finish the Dish

Place a serving of **slaw** on a plate. Garnish slaw with **peanuts**. Serve **pork medallions** and **sauce** next to slaw.