

# Spice-Rubbed Pork Medallions

*with Peach Salsa & Cilantro-Green Bean Rice*

Sweet and spicy are a match made in heaven, especially in a spice rub for juicy pork. Hot curry powder, Spanish paprika, ground fennel, and brown sugar make up this rub, which becomes a caramelized crust when the pork is seared in a hot pan. There's a reason you might find fruit in dishes with curry—the sweetness balances the spice, just like in this recipe for peach salsa.



## Ingredients



- 3/4 Cup Jasmine Rice
- 6 Ounces Green Beans
- 2 Peaches
- 2 Sprigs Basil
- 1 Bunch Cilantro
- 1 Clove Garlic
- 1 Lime
- 1 Red Onion
- 12 Ounces Pork Tenderloin
- 1 1/2 Tablespoons Pork Spice Rub

Makes 2 Servings  
About 650 Calories Per Serving

# Instructions



## *Cook the rice:*

In a small pot, combine the **rice**, **1½ cups of water**, and a **pinch of salt**. Heat to boiling on high. Cover, reduce the heat to low, and cook 15 to 18 minutes, or until the rice is cooked through and the water is absorbed.



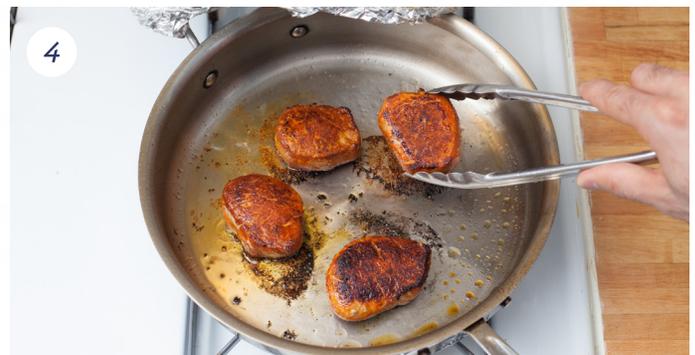
## *Prepare your ingredients:*

Trim the stems off the green beans, then cut the green beans into ½-inch lengths. Pit and small dice the peaches. Roughly chop the basil leaves. Finely chop the cilantro leaves. Peel and mince the garlic, smashing until it resembles a paste. Using a peeler or paring knife, remove the lime peel, then finely chop the peel to make zest (or use a citrus grater). Peel and mince the red onion. Cut the pork crosswise into 1½-inch-thick medallions.



## *Make the salsa:*

In a medium bowl, combine the **peaches**, the **juice of the whole lime**, **3 to 4 tablespoons of the minced red onion** (depending on your taste), and the **basil**. Drizzle in a little olive oil and season with salt and pepper. Stir to combine.



## *Cook the pork:*

Place the **pork spice rub** in a shallow bowl. Coat each **pork medallion** in the spice rub on all sides, tapping off any excess. In a large pan, heat some olive oil on medium until hot. Add the pork medallions and cover the pan loosely with foil. Cook 4 to 6 minutes per side, or until no pink remains inside the meat. Transfer the pork to a plate to rest and loosely cover it with the foil.



## *Make the cilantro-green bean rice:*

In the same pan used for the pork, add a little more olive oil and heat it on medium. Add the **remaining minced red onion**, the **garlic**, and the **green beans**. Season with salt and pepper. Cook for 3 to 4 minutes, stirring until the green beans are tender-crisp. Stir in the **cooked rice** and **cilantro** for about 1 minute, or until the rice is heated through and everything is combined.



## *Plate your dish:*

Divide the cilantro-green bean rice between 2 plates. Place the pork medallions on top of each plate of rice. Spoon the peach salsa over the top of the pork. (If you have any juice on the plate from the pork resting, you can drizzle it over the pork.) Enjoy!