

# Seared Pork Tenderloin Medallions

*with Roasted Carrot, Avocado & Orange Salad over Farro*

Farro, or emmer, is one of the oldest grains on earth and was a staple food item in the Roman Empire. It was originally cultivated in the Middle East, but it is now commonly grown in the mountainous regions of Ethiopia and Italy. High in protein, fiber, and iron, the grain's nutty flavor is complemented by rich avocado, sweet roasted carrots and bright and acidic orange.



## Ingredients

- 12 Ounces Pork Tenderloin
- 1 Avocado
- 1 Carrot
- 1 Bunch Parsley
- 1 Bunch Oregano
- 1 Small Red Onion
- 1 Lime
- $\frac{2}{3}$  Cup Farro
- 1 Orange
- 1 Tablespoon Honey
- 1 Teaspoon Hot Hungarian Paprika
- 1 Teaspoon Cumin

Makes 2 Servings  
About 700 Calories Per Serving



# Instructions



## 1 Prepare the ingredients:

Preheat the oven to 425°F. Heat a medium pot of salted water to boiling. Cut the limes into quarters. Peel and thinly slice the avocado, then top with the **juice of 1 lime wedge** to prevent browning. Peel the carrot and cut into ½-inch-long sticks. Pick the parsley and oregano leaves off the stem, then roughly chop the oregano leaves. Peel and thinly slice the red onion. Cut the pork tenderloin into 6 1-inch medallions.



## 2 Make the orange supremes:

Cut the top and bottom of the orange off, so it sits flat on the cutting board, then cut away the peel and white pith. Using a knife, cut out segments (or supremes) from between the membranes, placing them in a small bowl. Squeeze the juice from the leftover membranes over the orange supremes.



## 3 Toast & cook the farro:

Place the **farro** on a clean, dry sheet pan and toast in the oven for 4 to 6 minutes, or until toasted and fragrant. Once the water is boiling, add the **toasted farro** and cook 22 to 25 minutes, or until tender. Drain thoroughly and return to pot. Stir in the **juice from the orange supremes**, **1 tablespoon of olive oil** and season with salt and pepper to taste.



## 4 Roast the carrots:

While the farro cooks, roast the carrots. Place the **carrots** on a sheet pan, then drizzle with olive oil and season with salt and pepper to taste. Toss to thoroughly coat. Roast 10 to 12 minutes, or until tender, stirring halfway through.



## 5 Cook the pork:

While the carrots roast, coat the **pork medallions** with the **paprika, cumin, oregano** and season with salt and pepper. Drizzle with a little olive oil, then rub the seasonings into the meat. In a medium pan, heat a couple teaspoons of olive oil on medium until hot. Cook the coated pork medallions 3 to 4 minutes per side, for medium, or until the desired doneness. Remove from heat and transfer the pork to a plate, leaving any drippings in the pan. Add the **roasted carrots** to the pan and toss to coat.



## 6 Make the lime-honey vinaigrette & salad:

In a small bowl, combine the **juice from the remaining lime wedges** and **honey**; season with salt and pepper. Slowly whisk in **1 to 2 tablespoons olive oil** until well combined. In a separate bowl, combine the **carrots, orange supremes, avocado, red onion and parsley leaves**. Toss with some of the lime-honey vinaigrette (you may have extra vinaigrette) and season with salt and pepper to taste. To plate your dish, divide the dressed farro between 2 plates and place 3 pork medallions on each plate. Top with the salad, using any remaining vinaigrette to garnish the plate. Enjoy!