



PORK OR BEEF TENDERLOIN WITH MUSTARD PAN SAUCE AND SPINACH

Start to finish: 15

Serves: 2

INGREDIENTS:

1 small organic pork or beef tenderloin, cut into 1 1/2 inch medallions

Salt, to taste

Pepper, to taste

4 ounces baby spinach

1 shallot or small onion, cut into thin rings

2 cloves garlic, minced

3/4 cup stock of your choice OR 1/4 bottle white wine

1 jar whole grain mustard

1 tablespoon honey

2 ounces butter

1 lemon

DIRECTIONS:

Using the palm of your hand, lightly pound each pork or beef medallion until slightly flattened, exposing more surface area. Season the meat with salt and pepper. In a sauté pan on high heat,

sear the pork or beef on both sides until brown, about 2 minutes. Remove from pan and set aside.

Add the spinach to the pan with the pork or beef drippings and partially wilt, about 2 minutes. Remove spinach and add shallots and garlic to the pan and sauté until fragrant, about 2 minutes. Add the stock or white wine and reduce it by half, stirring it to lift the caramelized bits off the bottom of the pan. Add the mustard, honey and butter. Squeeze lemon into the sauce and season to your liking.

On a plate, place the pork or beef on top of the spinach and gently spoon the pan sauce over the meat. Garnish with some fresh herbs like chive and flat leaf parsley if you'd like.