



Maple Balsamic Glazed Pork Medallions

Ingredients

- 1/3 cup [Maple Balsamic](#)
- 2 teaspoons [Horseradish Mustard](#)
- 1 pork tenderloin, trimmed, sliced into 1-inch medallions, then pounded
- 3 tablespoons flour
- 1/2 onion, diced
- 2 teaspoons [Gremolata Olive Oil](#)
- salt and pepper
- fresh parsley, chopped, optional

Directions

Step 1.

Whisk mustard and Maple Balsamic together. Heat Gremolata olive oil in a nonstick skillet over med-high heat. Add onions and sauté for 2-3 minutes until translucent.

Step 2.

Salt and pepper tenderloin medallions, dredge them through flour, shaking off any excess and place in skillet. Sear for about 4 minutes on each side. Add balsamic and Dijon mixture. Cook another minute or two, turning pork to coat evenly.

Plate and drizzle Balsamic mixture over top. Garnish with parsley.