

Pan Fried Pork Tenderloin with Creamy Wine Sauce

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Serves 4

- 1 1/2 pounds pork tenderloin
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 2 teaspoons olive oil
- 1/3 cup white wine
- 1/2 teaspoon chicken base/bouillon
- 1/2 cup fat free half and half
- 1/2 teaspoon cornstarch
- dash paprika
- 2 teaspoons chopped fresh Italian parsley

1. Slice the pork tenderloin into 1-inch medallions and lightly sprinkle each side with salt and pepper. Warm a large stainless skillet over medium-high heat. Add the oil and when it is shimmering, add the pork to the skillet. Let the pork cook without touching it for 3 minutes. Set a plate next to the stove along with a piece of foil to cover the pork.
2. Use a metal spatula to get underneath each one and flip them over. Don't worry if they stick a bit. Cover with a lid and cook for 3 minutes. Lift each medallion with the

spatula and transfer to the waiting plate. Cover lightly with foil to keep warm.

3. Place the empty skillet back on the stove over medium heat. Add the wine to the hot skillet and use a spatula to scrape up the little browned bits of meat and deglaze the pan. Add the chicken base, whisk to combine, and cook for about 2 minutes.
4. In a small cup, whisk the cornstarch, and paprika into the half and half until smooth. Add the cream into the saucepan slowly, whisking until combined. Continue cooking over medium heat, stirring constantly until it thickens slightly, about 1 minute. Pour the sauce over the pork, sprinkle with parsley, and serve. Enjoy!

Main Course

Pork