

Chili Lime Pork Medallions

INGREDIENTS:

Container #1

- 2-3 pounds of pork tenderloin, sliced into 3/4 -inch-thick medallions

Container #2

- 3 T lime juice
- Zest of 1 lime
- 1/4 cup olive oil
- 1 T raw honey
- 1 tsp. organic apple cider vinegar
- 1 small shallot, minced
- 2 cloves garlic, minced
- 1/4 cup packed fresh cilantro
- 3/4 tsp. granulated onion
- 1/4 tsp. chipotle chili powder
- 1/2 tsp. chili powder
- 1/2 tsp. sea salt
- 1/4 tsp. freshly ground black pepper

For Serving Day

- 2 T coconut oil
- Sea salt to taste
- Freshly ground black pepper to taste

PROCESS:

Prep Day

- Place the pork medallions in a 1-gallon zip-top bag (Container #1). Remove the air and seal the bag. Refrigerate until needed.
- In a food processor, puree the sauce ingredients until blended and smooth.
- Place the sauce in an airtight container (#2) and refrigerate until needed.

Serving Day

- Sprinkle sea salt and pepper into the bag with the pork medallions. Press the pork around in the bag with your hands to spread the salt and pepper.
- In a skillet (medium heat), heat the coconut oil. Place the pork in the skillet, and cook for 1-2 minutes or until it has browned on one side. Turn the pork over, and cook for another 1-2 minutes until the other side has browned.
- Shake the sauce container to combine ingredients. Pour the sauce into the skillet, and cook, stirring occasionally, until the pork is cooked through, about 4 minutes.
- Serve the pork with the sauce spooned over the top.

ENJOY!

From: Make Ahead Paleo