

PORK TENDERLOIN DIANE

| | | | | |
|---|------|----------------------|-----|----|
| 1 | lb | PORK TENDERLOIN | 0.5 | kg |
| 2 | tsp | lemon pepper | 10 | mL |
| 1 | Tbsp | butter | 15 | mL |
| 1 | Tbsp | lemon juice | 15 | mL |
| 1 | Tbsp | Worcestershire sauce | 15 | mL |
| 1 | tsp | Dijon mustard | 5 | mL |
| 1 | Tbsp | minced parsley | 15 | mL |

Trim any loose bits from the tenderloin. Cut tenderloin crosswise into 8 medallions and flatten slightly. Sprinkle each piece with lemon pepper. Heat butter in a heavy skillet over medium-high heat. Cook medallions about 3-4 minutes per side. Remove from skillet and keep warm. Add lemon juice, Worcestershire sauce and mustard to skillet. Cook, blending with pan juices until just bubbling. Pour sauce over medallions. Sprinkle with parsley and serve,

YIELD: 4 servings



www.pickpork.com

