



Pork Medallions with Tomatoes & Prosciutto

Makes: 4 servings

Prep Time: 3 minutes Cook Time: 18 minutes

Total Time: 21 minutes

Ingredients

- 2 tbsp vegetable oil
- 5 ounces prosciutto, diced
- 3 garlic cloves, minced
- 1-1/2 pounds pork tenderloin, cut into 1-inch-thick medallions
- Salt and freshly ground black pepper
- 2 tbsp balsamic vinegar
- 8 ounces baby arugula
- 1 14 ounce can finely chopped tomatoes

Instructions

In a very large skillet, preferably cast iron, heat the oil. Add the prosciutto and garlic and cook over medium heat, stirring, until the garlic is golden, about 4 minutes. Transfer to a plate. Season the pork medallions with salt and pepper, add them to the skillet, and cook over medium-high heat until well browned on the outside and medium rare, 3 to 4 minutes per side. Transfer the medallions to a plate, and cover to keep warm.

Add the balsamic vinegar to the skillet and cook until nearly evaporated, scraping up any browned bits from the bottom of the skillet.

Add the arugula and toss until wilted, about 2 minutes. Add the tomatoes and cook over high heat for 3 minutes, stirring occasionally. Stir in the prosciutto and garlic, and season with salt and pepper.

Transfer the tomato mixture to a platter, top with the pork, and serve.