



Balsamic Pork and Grilled Peach Salad

Makes: 6 servings

Prep Time: 10 minutes Cook Time: 20 minutes

Total Time: 30 minutes

Ingredients

Balsamic Glaze:

- 1/2 cup chicken broth
- 1/3 cup balsamic vinegar
- 2 tbsp pure maple syrup
- 1 tsp cornstarch
- 1/2 tsp kosher salt
- Freshly ground black pepper

Balsamic Vinaigrette:

- 3 tbsp extra virgin olive oil
- 1 tbsp balsamic vinegar
- 1 tsp Dijon mustard
- 1 tsp maple syrup (or honey)
- Pinch of kosher salt
- Freshly ground black pepper

Salad:

2 pounds pork tenderloin, trimmed
2 tbsp olive oil
2 cups arugula
3 peaches, halved and pitted
1 cup crumbled goat cheese
Salt and freshly ground black pepper, to taste

Instructions

Balsamic Glaze:

In a small saucepan, whisk together the chicken broth, balsamic vinegar, maple syrup, cornstarch, salt, and a few grinds of black pepper.

Bring to a boil over medium heat, then reduce the heat and simmer for 3 to 5 minutes, stirring occasionally, until the glaze has thickened slightly. Set aside.

Balsamic Vinaigrette:

Whisk together all of the ingredients until emulsified.

Grilled Method:

Preheat the grill to medium-high heat. Brush the pork tenderloin lightly with olive oil and season with salt and pepper. Grill, turning every few minutes and brushing generously with the balsamic glaze, until the pork reaches an internal temperature of 140°F. Transfer the pork to a cutting board and let it rest for 10 minutes.

While the pork rests, grill the peach halves cut side down for 2 to 3 minutes, just until grill marks appear and the peaches begin to soften.

Oven Method:

Preheat the oven to 375°F. Heat the olive oil in a large oven-safe skillet over medium-high heat. Sear the pork on all sides until nicely browned.

Pour about half of the balsamic glaze over the pork, reserving the remaining glaze for serving. Transfer the skillet to the oven and roast for 18 to 22 minutes, turning the pork once or twice, until it reaches an internal temperature of 140°F.

Transfer the pork to a cutting board and let it rest for 10 minutes.

Cook the peaches in a grill pan or skillet for 2 to 3 minutes per side until lightly caramelized.

Assemble the Salad:

Arrange the arugula on a large serving platter. Lightly drizzle the greens with a few tablespoons of the balsamic vinaigrette and gently toss to coat.

Slice each peach half into wedges and arrange them around the platter. Slice the pork into thin medallions and place over the greens. Sprinkle with the goat cheese and finish with a light

drizzle of the remaining vinaigrette. Season with flaky sea salt and freshly ground black pepper, if desired.

Chef's Notes:

- Allowing the pork to rest before slicing keeps it juicy and tender.
- If your peaches are very ripe, grill them just until grill marks appear to prevent them from becoming too soft.
- Baby spinach or a spring mix can be substituted for the arugula.
- If you have any balsamic glaze left after cooking the pork, drizzle a little over the finished salad for extra flavor.
- The balsamic vinaigrette can be made a day ahead and refrigerated until ready to serve.
- For added crunch, sprinkle 1/2 cup toasted pecan halves over the salad just before serving.
- Finish with a light sprinkle of flaky sea salt to brighten the flavors of the peaches and pork.
- Serve with warm crusty bread for an easy summer meal.