

Spiced Pork Tenderloin

11 ingredients · 20 minutes · 4 servings



Directions

1. Heat skillet over medium heat
2. Combine salt, garam marsala, pepper, cumin and onion powder in bowl. Add pork and toss.
3. Sear medallions for 3 minutes per side, remove from pan and rest.
4. Make the sauce. Do not wash pan. add mushrooms and thyme to hot skillet and stir for about 3 minutes.
5. Add coconut milk and bring to a simmer, whisk in egg yolk and salt. Whisk until thickens and pour sauce over pork.

Ingredients

- 1 tsp Sea Salt
- 1 tsp Garam Masala
- 1 tsp Black Pepper
- 1 tsp Cumin
- 1 tsp Onion Powder
- 1 lb Pork Tenderloin (cut into 2 inch thick medallions)
- 2 tbsps Ghee
- 2 Cremini Mushrooms (cups halved)
- 1 tsp Thyme
- 1 cup Organic Coconut Milk
- 1 Egg (yolk)
- 1/8 tsp Sea Salt