

PORK TENDERLOIN WITH APPLE-ONION CHUTNEY AND STEAMED BROCCOLI

Preparation: 15 minutes | Cooking: 20 minutes | Servings: 2

INGREDIENTS

One 8-ounce pork tenderloin
8 ounces apples, cored and sliced
4 cups broccoli
3/4 cup thinly sliced onion
1/4 cup water
2 tablespoons apple cider vinegar
1 teaspoon honey
1/4 teaspoon salt
1/8-1/4 teaspoon pepper
1/8 dried thyme, crushed
1/8 teaspoon ground cumin (optional)
1 sprig chopped fresh thyme



INSTRUCTIONS

Start by trimming the fat from your pork. Cut the meat crosswise and place each piece with the cut side down between two pieces of plastic wrap. With a meat mallet, pound the meat lightly until the pork is at 1/2-inch thickness. Remove the plastic wrap and sprinkle the meat with dried thyme and pepper. Lightly coat a large unheated skillet with cooking spray. Add the pork. Cook over medium-high heat for 6 to 9 minutes or until a thermometer inserted in the pork registers 145 degrees, turning once halfway through cooking. Transfer the pork to a plate. Cover and keep warm. To create your chutney, cook your onion in the same skillet for about 4 minutes or until tender, stirring occasionally. Stir in the apple slices, water, vinegar, honey, salt and cumin (if desired). Bring to a boil; reduce heat. Simmer, uncovered, for 4 to 5 minutes or until the liquid is almost evaporated and the apples are tender, stirring occasionally. Return the pork to the skillet and heat through. Divide the pork and chutney between two plates. If desired, garnish with fresh thyme. Steam broccoli until tender.