

## Seasonal Eating



# Pan Seared Pork Tenderloin with Grapes

- 1 tablespoon vegetable oil
- 1 1 - 1 1/2 pound pork tenderloin, cut into four sections
- Kosher salt and black pepper
- 1 cup red seedless grape, cut in half lengthwise
- 1 tablespoon balsamic vinegar
- 1/2 tablespoon whole grain mustard
- 2 green onions, sliced, reserve green part for garnish
- 1/2 teaspoon finely chopped, fresh rosemary
- 1/2 cup chicken broth
- 1 tablespoon butter

Heat the oil in a medium skillet over medium high heat. Sprinkle the pork tenderloin with salt and pepper. Add to the pan and let sear until browned, turning until all side are browned. Turn the heat down to medium low and add the grapes. Cover and cook until the pork reaches 140 degrees F. in the center, about 8-10 minutes. Remove pork to a plate and tent with foil. Increase the heat and add the vinegar to the pan, stirring to scrape up any bits on the bottom. Stir in the mustard and add the green onion and rosemary. Add the chicken broth and stir to combine. Let reduce by about 1/3rd. Pull off of the heat and add 1 tablespoon butter, stirring to melt and combine. Slice each piece of pork into about 3 slices and place on plate. Spoon sauce over the top and sprinkle with sliced green onion tops. Serve immediately.