



Pork Medallions with Apples and Prunes

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

PORTIONS: 6

PREPARATION: 20 MINUTES

COOKING: 3 HRS

INGREDIENTS

- 2 pork fillets, about 454 g (1 lb) each
- 120g (1/2 cup) white wine
- 80 g (1/4 cup) maple syrup
- 15 ml (1 tbsp) Dijon mustard
- 2.5 ml (1/2 tsp) dried thyme
- 1 ml (1/4 tsp) ground nutmeg
- 1 ml (1/4 tsp) salt
- Pepper, to taste
- 15 ml (1 tbsp) olive oil
- 1 small red onion, sliced
- 230 g (2 cups) apples, unpeeled, cubed
- 75 g (1/2 cup) dried prunes, cut into 4
- 30 ml (2 tbsp) tapioca starch, diluted in the same amount of water

PREPARATION

1. Preheat the oven to 230° F (110° C).
2. Slice fillets into 1-inch medallions. Place in an ovenproof dish.
3. In a bowl, combine marinade ingredients: wine, maple syrup, mustard, thyme, nutmeg, salt and pepper. Set aside.
4. Brown onion rings in oil over low heat for about 3 to 4 minutes.
5. Add marinade, apples and prunes. Bring to a boil, cover and simmer over low heat for 10 minutes.
6. Pour this mixture over the medallions. Cover and bake on the centre rack for about 3 hours or until the medallions are tender.
7. When out of the oven, transfer the broth to a small saucepan. Add the tapioca starch mixture and bring to a boil, stirring constantly with a whisk until thickened. Pour over the medallions.



Pork, apples and prunes, a winning trio to delight all your guests! This simple recipe can be prepared at any time of the week.

NUTRITION FACTS

Per portion 300 Calories

Fat: 6 g	9 %
Saturated 1,5 g	
Trans 0,1 g	8 %
Polyunsaturated: 1 g	
Omega-6: 0,3 g	
Omega-3: 0 g	
Monounsaturated: 3,5 g	
Cholesterol: 85 mg	
Sodium: 220 mg	9 %
Carbohydrate: 24 g	8 %
Fibres: 2 g	8 %
Sugars: 18 g	
Protéines: 34 g	
Vitamin A	2 %
Vitamin C	6 %
Calcium	4 %
Iron	15 %
Niacin	100 %
Sélénium	90 %
Thiamin	160 %