

- MAIN DISHES -

# SPICED PORK LOIN WITH APPLES



prep time  
**20 minutes**

---



portion for  
**4 people**

## The Ingredients:

1LB Pork Tenderloin, trimmed and  
cut crosswise into 12 pieces

2 CUPS Apple, thinly sliced unpeeled

1/3 CUP Shallots, thinly sliced

2 TBSP unsalted Butter

1/4 CUP Apple Cider

1 TSP Fresh Thyme Leaves

1/4 TSP Ground Coriander

1/4 TSP Ground Black Pepper

1/8 TSP Ground Cinnamon

1/8 TSP Ground Nutmeg

1/2 TSP Spice of Life

## Cooking Steps:

1. Heat a large cast-iron skillet over medium-high heat. Combine coriander, black pepper, cinnamon, Spice of Life and nutmeg; sprinkle mixture evenly over pork. Coat pan with cooking spray. Add pork to pan; cook 3 minutes on each side or until desired degree of doneness. Remove pork from pan; keep warm.
2. Melt butter in pan; swirl to coat. Add apple slices, shallots, and 1/8 teaspoon salt; sauté 4 minutes or until apple starts to brown. Add apple cider and cook for 2 minutes or until apple is crisp-tender. Stir in thyme leaves.
3. Serve apple mixture with the pork.