

Autumn Harvest Salad with Crispy Pork Medallions

Yield: 4 servings

Timing:

Marinating/Soaking Time = 12-24 hours

Prep Time = 25 minutes

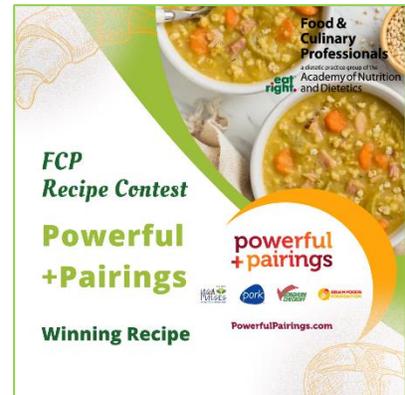
Cook Time = 25 minutes

Total Time = 50 minutes (plus marinating/soaking time)



Ingredients

- ½ cup whole grain sorghum
- 2 cups water
- ½ cup buttermilk
- 1 clove garlic, minced
- 1 Tablespoon Dijon mustard
- ½ teaspoon + pinch of kosher salt
- 1 pork tenderloin (~1 pound)
- 2 cups large (¾") diced butternut squash
- 2 Tablespoons extra virgin olive oil, divided
- ½ cup whole grain panko
- 8 cups lightly packed spinach
- ½ cup cooked chickpeas
- ¼ cup dried cranberries
- ¼ cup crumbled feta cheese
- ¼ cup toasted pumpkin seeds



Sorghum Balsamic Vinaigrette

¼ cup extra virgin olive oil
2 Tablespoons balsamic vinegar
1 Tablespoon sorghum syrup

1 teaspoon Dijon mustard
½ garlic clove, minced
Salt & pepper to taste

Method of Preparation (Instructions)

1. **Soak sorghum.** *12-24 hours before cooking*, place sorghum in a small bowl or container. Add enough water to cover by 1 inch. Cover with a lid and set aside.
2. **Marinate pork.** *1-24 hours before cooking*, combine buttermilk, minced garlic, Dijon mustard, and ½ teaspoon salt in a medium bowl or bag. Add pork tenderloin to the mixture, cover, and let marinate for 1 hour, or up to 24 hours.
3. When ready to prepare the meal, preheat oven to 425°F.
4. **Cook sorghum.** Drain soaking water. In a small sauce pot, combine sorghum and 2 cups water. Bring to a boil, and cook, uncovered, for 20-25 minutes or until al dente. Drain excess water.
5. **Toast panko.** Preheat a small sauté pan (~8-10") over medium heat. Add 1 Tablespoon oil. Once shimmering, add panko and a pinch of salt and toast for ~5 minutes until Panko is golden brown, stirring frequently. Transfer to a shallow bowl or plate.
6. **Bread tenderloin.** Remove the tenderloin from the marinade, gently shaking off excess moisture. Roll the tenderloin in the panko and firmly press to ensure the breadcrumbs adhere to the tenderloin.
7. **Cook tenderloin and roast squash.** Spray a baking sheet with cooking spray or brush with a little oil and place breaded tenderloin on pan. Place diced squash on the same baking sheet, drizzle with 1 Tablespoon olive oil, and season with a pinch of kosher salt and pepper. Gently toss to combine. Arrange pieces so they are not touching. Cook for 15-20 minutes or until a thermometer inserted in the thickest part of the meat reads 145°F. Remove tenderloin from pan and return squash to oven. Roast squash for an additional 10 minutes or until the edges brown and squash is easily pierced with a fork.
8. Let the tenderloin rest while the squash continues to cook, then slice into ½-1" thick pieces to create pork medallions.
9. **Make vinaigrette.** While squash and pork cook, whisk together extra virgin olive oil, balsamic vinegar, sorghum syrup, Dijon mustard, and garlic until combined. Add salt and pepper to taste.
10. **Assemble salad.** In a large bowl, combine spinach, chickpeas, dried cranberries, feta, pumpkin seeds, slightly cooled sorghum, and butternut squash. Drizzle with sorghum balsamic vinaigrette and toss to combine. Distribute salad evenly between 4 plates. Top individual servings with pork medallions. Enjoy!

Equipment

Dry measuring cups & spoons
Liquid measuring cup
Small bowl/container with lid
Medium bowl or bag
Chef's knife
Cutting board
Small saucepot
Small sauté pan

Shallow bowl/plate
Baking sheet
Food thermometer
Small mixing bowl
Whisk
Large mixing bowl
Tongs
Serrated knife