



Bioflavia Pork Tenderloin

You will need the following:

1. 12 pcs of Pork Tenderloin Medallions (60-70 g each)
2. 125 g of **Bioflavia**
3. Salt and Pepper to Taste
4. 60 ml of Oil
5. 100 ml of Malivoire Rosemary Wine Syrup

Season Medallions and dredge one side with Bioflavia. Heat oil in an oven proof pan and sear pork - flour side down for about two minutes. Turn pork over and place in 375 degree oven for 5-6 minutes. Remove from pan and deglaze the pan with wine syrup to make a glaze.

Makes 4 servings.