

# Pork Tenderloin and Scallops

This goes great with the pepper jelly sauce and orzo. I use frozen scallops from Costco and pork tenderloin.

Serves 4



## Ingredients

- 1 pork tenderloin
- 4 Tbsp. flour
- 8 large frozen scallops (U-12)
- 1/4 cup olive oil
- 1 Tbsp. unsalted butter
- 1 scallion

## Equipment

- Sharp knife
- Large bowl
- Large skillet
- Temperature probe
- Serving platter

Preston

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☑	Description	Time (min)
	Prepare pepper jelly sauce (see recipe)	10
	Trim silver skin from pork tenderloin and then cut into pieces that are about as thick as the scallops.	5
	Put 4 Tbsp. flour into a large bowl.	1
	Put 1/4 cup olive oil and 1 Tbsp. butter in a large skillet	1
	Start orzo	1
	Cut 1 scallion into slivers for garnish	1
	Heat olive oil	1
	Dredge pork in flour and place in the skillet	3
	Place frozen scallops in the hot oil between the pork	1
	Brown the pork and scallops on one side	3
	Flip pork and scallops	1
	Monitor internal temperature with a probe	2
	Remove scallops to serving platter when temperature is 115 degrees	2
	Remove pork to serving platter when internal temperature is 145	2
	Drain orzo	1
	Add pepper jelly sauce to pan and stir to thicken	1
	Arrange scallops and pork on platter. Drizzle sauce and garnish with scallion slices.	2
	Total Time	38