

# Saucy Pork Medallions



## INGREDIENTS

- 4-5 Pork Loin portions. (May need to slice it in half if it is a thick cut.)
- 1/3 cup Almond flour of your choice, the lower GL the better.
- 2 tablespoons Fibergy™ \*
- 1 tsp. Salt & 1/4 tsp. Pepper
- 1/2 tsp. Garlic powder
- 2 Tbsp. Olive oil or Avocado oil
- 2 Tbsp. Soy sauce (*Or the more healthy “Bragg’s Amino Acids” sold in the Soy sauce section.*)
- 1/4 cup water
- 3-4 fresh tomatoes, diced (*Or a 14 oz. can of Fire roasted diced tomatoes for even better taste!*)
- 1 onion, sliced in rings
- 4 cups cauliflower rice (*Store bought frozen or made fresh yourself*)
- 1 fresh red pepper or green pepper, or optionally, fresh mushrooms.

## DIRECTIONS

1. Trim any excess fat off the pork loin slices.
2. In a plastic baggie, add cornstarch, Fibergy, flour, salt, pepper and garlic powder and mix.
3. Add the pork to the baggie, seal well and shake to coat. (But do not overly coat—don’t use up all the mix.)
4. Heat oil in a large skillet on medium to medium/high heat.
5. Brown the meat and discard the baggie of excess flour.
6. Once the meat is browned on both sides, add the remaining ingredients (but not the cauliflower) separating the onion rings to spread everything across the top.
7. Prepare cauliflower rice according to package directions.
8. Cover with a lid and reduce heat to medium/low.
9. Simmer for 15 minutes. While meat is simmering dice the red &/or green pepper.
10. Turn the meat over and give the other ingredients a quick stir.
11. Cover the skillet and simmer for another 15 minutes or until pork is done.
12. Skillet will yield a wonderful gravy, sort of like Swiss steak for over the top of the cauliflower rice. If sauce won’t thicken add extra Fibergy.