

DINNER

Pork Medallions with Garlic-Ginger Pomegranate Sauce

5 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$1.22	168 kcal

Pork Medallions with Garlic-Ginger Pomegranate Sauce could be just the dairy free recipe you've been looking for. One portion of this dish contains about 25g of protein, 4g of fat, and a total of 168 calories. For \$1.22 per serving, you get a main course that serves 4.

Ingredients

☐ ¼ teaspoon black pepper, divided	☐ 1 teaspoon cornstarch
☐ 2 tablespoons all-purpose flour	☐ 2 tablespoons chopped fresh cilantro
☐ 1 teaspoon minced peeled fresh ginger	☐ 2 garlic cloves, minced
☐ 1 pound pork tenderloin, trimmed	☐ 1½ tablespoons fresh lemon juice
☐ 1½ tablespoons low-sodium soy sauce	☐ 1½ teaspoons olive oil
☐ ¼ cup pomegranate juice	☐ ½ teaspoon salt, divided
☐ ½ cup water	☐ 1 tablespoon water

EQUIPMENT Frying pan, Oven, Whisk, Kitchen thermometer, Aluminum foil, Ziploc bags

Method

- 1 Combine first 6 ingredients in a large zip-top plastic bag; add 1/4 teaspoon salt and 1/8 teaspoon pepper.
- 2 Add pork; seal and marinate in refrigerator 2 hours, turning bag occasionally.

- 3 Remove pork from bag, reserving marinade.
- 4 Sprinkle pork with 1/4 teaspoon salt, 1/8 teaspoon pepper, and flour.
- 5 Preheat oven to 35
- 6 Heat oil in a large ovenproof skillet over medium-high heat.
- 7 Add pork; cook 5 minutes, browning on all sides.
- 8 Pour reserved marinade over pork. Wrap handle of pan with foil; bake at 350 for 10 minutes or until a thermometer registers 160 (slightly pink).
- 9 Remove pork from pan; let stand 10 minutes.
- 10 Cut crosswise into 8 pieces.
- 11 Combine 1 tablespoon water and cornstarch, stirring well with a whisk. Bring marinade to a boil over medium-high heat.
- 12 Add cornstarch mixture to marinade; cook 1 minute or until sauce thickens, stirring constantly.
- 13 Serve over pork; sprinkle with cilantro.

Nutrition per serving

	168 KCAL	25 g PROTEIN	4 g FAT	7 g CARBS
Saturated Fat				1 g · 6% of daily needs
Fibre				0.3 g · 1% of daily needs
Sugar				2.2 g · 2% of daily needs
Sodium				571 mg · 25% of daily needs
Cholesterol				73.7 mg · 25% of daily needs
Vitamin C				2.7 mg · 3% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/pork-medallions-with-garlic-ginger-pomegranate-sauce-148042