

Pork Tenderloin Steakettes with Salsa Cream Sauce

Recipe 325 of 365

If you cut pork tenderloin crosswise into little steaks, each about the size of a giant scallop, they cook quickly and evenly, which means dinner in a jiffy for you, but no real sacrifice for those at the table. Serve the tenderloin over quinoa (which cooks in about the same time it takes to make the pork and its sauce) or quick-cooking brown rice, with steamed or sautéed vegetables or a big green salad.

TIME: 15 minutes, start to finish

MAKES: 2 to 4 servings

1 pound pork tenderloin
Salt and freshly ground pepper
2 teaspoons olive oil
1/2 cup salsa
1 tablespoon heavy cream

Preheat a large, heavy skillet over medium-high heat. While the pan heats, slice the pork into rounds a bit more than 1" thick, and season them on both sides with salt and pepper. Add the oil to the pan, swirl to coat, and add the pork.

Cook the pork for 5 minutes, undisturbed, or until it releases easily from the pan. Flip the pork, moving the pieces in the center to the outside and vice versa, and cook another 3 or 4 minutes, again until it releases easily from the pan. Add the salsa and cream, and simmer for 2 to 3 minutes, until the sauce is thick enough to coat the pork but the meat still feels a little squishy in the center when you touch it. Serve immediately.