

Pork Tenderloin with fennel and sage

2 tablespoons fennel seeds

1 ½ pounds pork tenderloin

2 medium fennel bulbs

2 tablespoons AVOCARE® Extra Virgin Garlic Avocado Oil

3 garlic cloves, smashed

1 onion, sliced

¼ cup dry white wine

½ cup chicken broth

Handful fresh sage

3 tablespoons unsalted butter, cut into pieces, divided

1 tablespoon lemon juice, or to taste

Salt and pepper

1. Preheat oven to 350°F with rack in middle. **2.** Crush fennel seeds with a mortar and pestle or spice grinder. **3.** Pat pork dry, then sprinkle with crushed fennel seeds, salt and pepper. **4.** Cut fennel bulbs lengthwise into ½-inch wedges. Cut onion into ½-inch slices. **5.** Heat AVOCARE Extra Virgin Garlic Avocado Oil in a 12-inch oven-proof heavy skillet over medium-high heat. **6.** Brown pork on all sides, about 6 minutes total, then transfer to a plate. **7.** Sauté garlic, onion and fennel wedges in skillet until onion is soft and fennel is golden brown, about 6 minutes. Add wine, stirring and scraping up brown bits, then stir in broth, fresh sage and 2 tablespoons butter. Put pork on top of fennel mixture and transfer skillet to oven. Roast until an instant-read thermometer inserted into center of pork registers 145 to 150° F, about 20 minutes. Transfer fennel mixture to plate and tent with foil. Transfer pork to a cutting board and let rest 10 minutes before slicing. **8.** Meanwhile, transfer the skillet to stovetop on medium high heat, bring to a boil and reduce until slightly thickened. Stir in lemon juice and remaining tablespoon butter until melted. Pour the sauce over the pork and serve warm.

SERVES 6