

# Dijon Cream Pork Tenderloin

## Fruits & Vegetables

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- Kale (1 bunch)
- Shallots (2)
- Garlic (4 cloves)
- Potatoes (1–1.5 lb)
- Lemon (1–2)

## Meat & Dairy

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- Pork Tenderloin (1–1.5 lb)
- Heavy Cream ( $\frac{1}{2}$  cup)
- Butter (1 tbsp)
- Herb Butter, optional

## Condiments

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- Dijon Mustard (1–2 tbsp)
- Whole Grain Mustard (1 tsp, optional)

## Spices & Seasonings

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- Salt
- Black Pepper
- Garlic Powder

## Dry & Canned Goods

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- Chicken Broth ( $\frac{3}{4}$  cup)
- Olive Oil
- Avocado Oil or Neutral Oil (for frying)

## Cocktail Ingredients

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*For 2 cocktails*

- Botanical Gin (4 oz)
- Fresh Lemon Juice (2 oz or 2–3 lemons)
- Honey ( $\frac{1}{4}$  cup, for syrup)
- Fresh Mint (6–8 leaves)
- Seltzer Water (1 bottle)