Pork Medallions with Lemon and Rosemary

Ingredients:
- 1 lb. of pork tenderloins
- Salt and Pepper
- 3 Tablespoons Extra Virgin Olive Oil
- 4 tbsp. butter separated
- 1 cup of all-purpose flour
- 1 lemon
- 2 Sprigs of Rosemary

Directions:
- Slice you pork tenderloin into ½ inch slices
- Pound or flatten the pieces
- Season with salt and pepper on both sides
- Put 2 Tbsps. of Olive Oil and 2 tbsp. butter in pan until the butter melts
- Flour both sides of your pork
- Place meat in the pan and let cook
- While pork is cooking, zest lemon
- Check your pork and flip to brown the other side
- Chop up rosemary
- Once pork is finished, plate and set aside
- Add lemon zest and rosemary to your frying pan
- Squeeze lemon juice in, add the remaining olive oil and butter
- Stir until butter melts and all is mixed to form a sauce
- Pour mixture over your medallions and serve
Cauliflower Mash

Ingredients:

- 1 medium head cauliflower, cut up into florets
- ½ cup of butter
- ¾ cup of milk
- 1 Tbsp. Olive Oil
- 1 Tbsp. black pepper
- 1 Tbsp. salt

Directions:

- Steam or boil cauliflower until soft
- Add butter and olive oil to cauliflower and stir
- Add salt and black pepper and continue to mix
- Add milk then grind with an immersion blender about 3-5 minutes