



Flat Belly - Pistachio-Crusted Pork Scaloppine

TOTAL TIME: **35 MINUTES**

From "Flat Belly Diet Cookbook", Enjoy! Looks better than this picture I found on google images.

Ingredients

- 12** oz pork tenderloin, trimmed
 - 1/2** cup unsalted pistachios
 - 1** tsp paprika
 - 1/4** tsp salt
 - 1** egg white
 - 1** tbsp cold water
 - 4** lime wedges
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Directions

- 1.) Preheat the oven to 375 degree F. Cover a baking sheet with foil. Set aside.
 - 2.) Place the pork on a work surface. Cut into 8 slices, each 3/4" thick. With a scaloppine pounder or a rolling pin covered in plastic wrap, flatten to 1/4" thickness.
 - 3.) Place the pistachios in a grinder or a food processor fitted with a metal blade. Process until finely ground. transfer to a large sheet of wax paper. Add the paprika and salt. Toss to combine. Beat the egg white and water in a bowl with a fork. With a pastry brush, coat both sides of the pork scaloppine with the egg white mixture. Sprinkle the nut mixture on both sides of the pork, pressing to adhere. Place the scaloppine in a single layer on the prepared baking sheet.
 - 4.) Bake for 15 minutes or until the pork is sizzling and cooked through. Serve with lime wedges.
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Downloaded from **Key Ingredient**.

Direct recipe link: <https://www.keyingredient.com/recipes/394032499/flat-belly-pistachio-crusted-pork-scaloppine/>