

## PICK PORK MEDALLIONS FOR A HEALTHIER START TO THE YEAR

*Pork medallion health & nutrition claims revealed  
The best way to cook pork medallions for a tasty and healthy meal*

Pork medallions make the perfect midweek meal, especially if you're looking for a healthier option to enjoy after the festive season. They are versatile, healthy and most importantly, tasty, quick and easy to cook.

Offering a delicious change to what you might normally choose to eat when cutting back on the calories, low fat pork medallions are a great way to get a little excitement back into midweek meals.

There are two quick and easy ways to guarantee this new cut of pork is tender and succulent – pan frying for 20 seconds on each side, turning and repeating until juices run clear or searing in a frying pan for 3 minutes before turning over and baking at 180°C\* for 6-8 minutes until the juices run clear.

A great alternative to chicken breast and found in most supermarkets, pork fillet and loin medallions are a great way to kick-start a healthier new year for all the family.

### **Pork loin and fillet medallions:**

- have very similar fat levels to chicken breast (less than 3%)
- are lower in saturated fat than chicken breast
- are just as healthy as chicken breast\*\*
- are naturally high in protein
- are low in sodium
- provide ten vitamins and minerals that contribute towards good health and wellbeing including a rich source of vitamin B12 and B6

Pork medallions are a fantastically versatile cut of pork and, like any lean meat, guaranteed to be tastier when cooked correctly. So to help you achieve perfect pork medallions every time, follow these Love Pork cooking techniques:

- Tenderise the meat by flattening it between two sheets of cling film with a rolling pin or the bottom of a pan to 1cm thickness before cooking. This will ensure consistency of cooking, without over cooking.
- Marinate pork medallions before cooking. A quick 10-minute marinade whilst you're preparing the veg will make the meat really tender and heighten the flavour of the dish. Or, if you have time, marinate the night before and leave in the fridge overnight to infuse maximum flavour into the meat.
- Once bashed to 1 cm thickness, sear the medallions in a hot griddle or frying pan for 3 minutes before turning over and baking at 180°C\* for 6-8 minutes until the juices run clear. Alternatively, cook in a frying pan for 20 seconds on each side, turning and repeating until the juices run clear. Be careful not to overcook the pork, as it won't take long.





As with all meat, always allow a couple of minutes to rest pork loin medallions after cooking and before eating.

- A clever way to tell if the medallions are cooked is to turn one over, take a sharp knife and neatly slice diagonally into the meat. You're looking for the juices to run clear, it be piping hot inside and for there to be no pink in the middle.

\* Or fan 160°C; gas mark 4

\*\* Both pork and chicken are naturally rich in protein. Protein helps muscle growth. *This relates to pork loin medallions and fillet medallions trimmed of visible fat and to skinless chicken breasts.*

## ENDS

### NOTES TO EDITORS:

- For pork medallion recipe inspiration or further information, visit [www.lovepork.co.uk](http://www.lovepork.co.uk)
- For images and recipes, or more information on the health claims, email [ahdbpork@goodrelations.co.uk](mailto:ahdbpork@goodrelations.co.uk)

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### Health & Nutrition Claims:

When using a specific health or nutrition claim, please adhere to legislation and do not deviate from the approved wording of the specific claim.

AHDB Pork has undergone independent UKAS accredited laboratory testing and has worked in consultation with Trading Standards\* in order to substantiate the claims made.

AHDB Pork has secured Assured Advice from Trading Standards\* that it has demonstrated evidence to make the following health/ nutrition claims, in accordance with the EU Register of nutrition and health claims made on foods when talking about pork loin medallions and pork fillet as a whole. These claims cannot be made in accordance with any individual brand or retailer products unless stated by that brand/ retailer:

Nutrition claims:

- Pork loin medallions and pork fillet are low in fat
- Pork loin medallions and pork fillet are low in saturated fat
- Pork fillet and loin medallions have very similar fat levels to chicken breast and are lower in saturated fat
- Pork fillet has very similar fat levels to chicken breast and is lower in saturated fat
- Pork loin medallions have very similar fat levels to chicken breast and are lower in saturated fat.
- Pork is naturally rich/ high in protein
- Pork is healthy\*, as it's naturally rich in protein, low in sodium and provides ten vitamins and minerals that contribute towards good health and wellbeing

\*\*as the term 'healthy' is a non-specific health claim, this can be substantiated by being accompanied with an approved health claim. A short list has been provided below of the most popular.

Health claims:

Individual claim	Approved health claim
Pork is naturally rich in protein	1. Protein helps muscle growth. 2. Protein supports muscle mass. 3. Protein supports bone maintenance. 4. Protein is needed for normal growth and development of children's bones.
Pork is naturally low in sodium	Pork is naturally low in sodium – reducing consumption of sodium supports normal blood pressure.
Pork is a rich source of vitamin B12	1. Vitamin B12 helps energy production in the body. 2. Vitamin B12 helps the nervous system work normally.



	<ol style="list-style-type: none"><li>3. Vitamin B12 helps normal homocysteine metabolism.</li><li>4. Vitamin B12 helps psychological function.</li><li>5. Vitamin B12 helps red blood cell formation.</li><li>6. Vitamin B12 helps the immune system work normally.</li><li>7. Vitamin B12 helps reduce tiredness and fatigue.</li><li>8. Vitamin B12 has a role in the process of cell division.</li></ol>
Pork is a rich source of vitamin B6	<ol style="list-style-type: none"><li>1. Vitamin B6 helps normal cysteine synthesis.</li><li>2. Vitamin B6 helps energy production in the body.</li><li>3. Vitamin B6 helps the nervous system work normally.</li><li>4. Vitamin B6 helps normal homocysteine metabolism.</li><li>5. Vitamin B6 helps normal protein and glycogen production.</li><li>6. Vitamin B6 helps normal psychological function.</li><li>7. Vitamin B6 helps produce red blood cells carry oxygen round the body.</li><li>8. Vitamin B6 helps the immune system work normally.</li><li>9. Vitamin B6 helps reduce tiredness and fatigue.</li><li>10. Vitamin B6 the regulation of hormonal activity.</li></ol>

*\*Trading Standards Buckinghamshire and Surrey*