

Instant Pot Herb Crusted Dijon Pork with Prunes

PREP TIME:

5 minutes

COOKING TIME:

70 minutes total

SERVES:

4-6

INGREDIENTS:

2lb pork loin, trimmed of fat

2 tbsp Dijon mustard

1/2 tsp salt

1 Provençale blend

3/4 cup / 6 fl oz white wine / chicken broth

7 oz / 20 ready-to-eat pitted prunes

1/4 cup / 2 oz sour cream

PREPARE:

brush the pork with the Dijon mustard; mix the Provençale blend and the salt, sprinkle onto mustard coating

add white wine and prunes to Instant Pot

transfer the pork into the Instant Pot

secure Instant Pot lid & set pressure valve to Sealing

cook on Manual / Pressure Cook for 45 minutes and allow to Natural Pressure Release for 15 minutes

turn the dial to Venting to Quick Pressure Release any residual pressure

remove the pork and slice

stir the cream into the juices in Instant Pot & spoon over pork

