

Juicy Balsamic Pork Nuggets You Can Make in One Pan

When you need a protein-packed dish that's flavorful, quick, and satisfying, these



OVEN
400°F

TIME
10 min

TEMP
145°F

PRINT
Recipe Card

INGREDIENTS

1 lb pork tenderloin, cut into bite-sized pieces

1/4 cup balsamic vinegar

2 tbsp olive oil

2 cloves garlic, minced

1 tsp dried thyme

1 tsp dried rosemary

Salt and pepper, to taste

Fresh parsley, chopped, for garnish

Notes & Swaps:

Pork Tenderloin: Choose tenderloin for the best texture, but pork loin works in a pinch—just adjust cooking time slightly.

Balsamic Vinegar: Aged or thick balsamic will produce even richer flavor.

Herbs: Fresh herbs can replace dried—just double the quantity.

Add-ins: A splash of honey or a sprinkle of red pepper flakes adds a sweet or spicy twist.

Instructions:

Preheat oven to 400°F (200°C).

Marinate the pork: In a bowl, whisk together balsamic vinegar, olive oil, garlic, thyme, rosemary, salt, and pepper. Add pork pieces and toss to coat. Let marinate for at least 10 minutes (or overnight for deeper flavor).

Sear the pork: Heat a cast iron skillet over medium-high heat. Add pork nuggets in a single

layer and sear 3-4 minutes per side until browned.

Roast: Transfer skillet to the oven and roast for 10-12 minutes, or until pork is fully cooked (internal temp of 145°F).

Rest and garnish: Let rest a few minutes. Sprinkle with chopped fresh parsley and serve.

Tips for Success:

Use a hot skillet to get a golden crust on the pork.

Don't overcrowd the pan-cook in batches if needed.

Deglaze with extra balsamic after roasting to make a quick pan sauce.

Meal prep: These nuggets reheat beautifully for quick lunches or grain bowls.

Serving Suggestions & Pairings:

Pair with Blueberry Lemonade for a sweet and tangy contrast.

Add Beer Cheese Dip for dipping fun at parties.

Set alongside Sheet Pan Quesadillas for a hands-on meal night.

Serve with Totchos to create a playful comfort food platter.

Include a scoop of Crockpot Nacho Dip for a rich, melty complement.

Storage & Leftovers:

Store in the fridge for up to 3 days in an airtight container.

Reheat in a skillet over medium heat or in a 350°F oven to restore texture.

Freeze after searing but before roasting for a make-ahead meal-just thaw and bake when ready.

More Recipes You'll Love:

DIRECTIONS

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2. Marinate the pork: In a bowl, whisk together balsamic vinegar, olive oil, garlic, thyme, rosemary, salt, and pepper. Add pork pieces and toss to coat. Let marinate for at least 10 minutes (or overnight for deeper flavor).
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6. Tips for Success: Use a hot skillet to get a golden crust on the pork.
7. Don't overcrowd the pan-cook in batches if needed.
8. Deglaze with extra balsamic after roasting to make a quick pan sauce.
9. Meal prep: These nuggets reheat beautifully for quick lunches or grain bowls.
10. Serving Suggestions & Pairings: Serve these skillet nuggets with simple sides or make them part of a bold flavor spread:
11. Pair with : Blueberry Lemonade for a sweet and tangy contrast.
12. Add : Beer Cheese Dip for dipping fun at parties.
13. Set alongside : Sheet Pan Quesadillas for a hands-on meal night.
14. Serve with : Totchos to create a playful comfort food

platter.

15. Include a scoop of : Crockpot Nacho Dip for a rich, melty complement.
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18. Freeze after searing but before roasting for a make-ahead meal-just thaw and bake when ready.
19. More Recipes You'll Love: Beer Cheese Dip - Rich, cheesy, and ready for dipping.
20. Sheet : Pan Quesadillas - Great for parties and hungry families.
21. Totchos - Crispy, cheesy, and unforgettable.
22. Crockpot : Nacho Dip - A must-have for your appetizer spread.
23. Blueberry : Lemonade - Refreshing and perfect alongside savory pork.
24. Final Thoughts: These Balsamic Roasted Pork Skillet Nuggets are the ultimate blend of rustic charm and modern flavor. With minimal ingredients and maximum impact, they're perfect for weeknight meals, casual entertaining, or even meal prep. Juicy, caramelized, and herbaceous-what's not to love?

SWAPS & NOTES

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More recipes: [ChefManiac.com](https://chefmaniac.com)

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