

# Honey Mustard Pork Tenderloin



*Honey and mustard team up to produce a topping for pork that is sweet, savory and all around delicious!*

<b>YIELD</b> <b>5 SERVINGS</b>	<b>PREP TIME</b> <b>10 MIN</b>	<b>TOTAL TIME</b> <b>35 MIN</b>
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## INGREDIENTS

1 each	Pork Tenderloin (about 1-1.25 lbs.)
1 tsp	Olive or Canola Oil
1 each	Shallot, minced
1 tsp	Thyme, dried
1 tsp	Honey
1 Tbsp	Dijon or Creole Mustard
1 Tbsp	Apple Cider Vinegar
¼ tsp	Kosher Salt
To Taste	Black Pepper

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 400°F.
2. Prepare the pork tenderloin: remove from the package and pat dry with paper towels. Using a chef's knife, carefully remove any fat and silverskin (the silver-white colored, tough band of connective tissue running along the length of the tenderloin). To remove: starting at one end of the tenderloin, slide tip of knife between the silverskin and the meat, then run knife horizontally down the length of tenderloin, pulling silverskin away at the same time, repeating as needed until fully removed.
3. Heat a sauté pan/skillet over medium-high heat and add the oil once hot; swirling the pan to coat evenly.
4. Place the tenderloin in the pan and sear on all sides, about 2-3 minutes per side. If the meat sticks to the pan when you try to turn it, allow it to cook a little longer. It should release naturally when it's ready to be flipped.
5. Meanwhile, combine the remaining ingredients in a small bowl and stir to combine. Set aside.
6. Once seared on all sides, remove the tenderloin to a sheet pan lined with foil. Cover the surface of the tenderloin with the honey mustard mixture and transfer to the preheated oven.

## CHEF'S NOTES

Pork Tenderloin is a very lean cut of pork making it a calorie friendly choice. This cooking method produces perfect results that are moist and tender. Pork should be cooked to a final internal temperature of 145°F which will be very lightly pink in the center.

We like to serve this with our Mashed Sweet Potatoes and Roasted Winter Vegetables or Savory Braised Collard Greens for a complete meal that satisfies.

7. Roast for about 15 minutes, until the internal temperature reaches 140°F in the thickest part of the meat, basting with the glaze halfway through.
8. Remove from the oven and allow to rest for about 8 minutes. During this time, the juices will distribute and carry over cooking will raise the internal temperature by about 5°F.
9. Slice the pork tenderloin into ¼ to ½ inch slices. If desired, cut on a bias (45° angle) for a nice presentation. Top with the honey mustard sauce from the pan and enjoy!

Recipe adapted from *Health meets Food* (2019)

<b>Nutrition Facts</b>	
5 servings per container	
<b>Serving Size</b>	<b>4 ounces (127 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value *</b>	
<b>Total Fat 3.5g</b>	<b>4%</b>
Saturated Fat 1g	<b>4%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol 75mg</b>	<b>25%</b>
<b>Sodium 230mg</b>	<b>10%</b>
<b>Total Carbohydrate 2g</b>	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein 24g</b>	<b>48%</b>
Vitamin D 0.23mcg	0%
Calcium 10mg	0%
Iron 1mg	8%
Potassium 500mg	10%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

