

Honey Soy Glazed Pork Tenderloin



This Asian inspired glaze hits your tastebuds with sweet, salty, and savory flavor making it a perfect match for lean pork tenderloin.

CHEF'S NOTES

Serve this pork over steamed brown rice, rice noodles or quinoa. Add your favorite vegetables for a complete meal. We like our Sesame Ginger Broccoli recipe (find it on our website).

Or you can keep it really simple and do a quick sauté of shredded cabbage and carrots. Make it even quicker by using bagged pre-cut coleslaw mix! Simply heat a large nonstick skillet over high heat and add the cut cabbage to the pan (no oil required). Allow it sit undisturbed for a few minutes until it starts to get very brown and charred. Toss and continue cooking to your desired doneness – we like it nicely browned with a little crunch remaining. Garnish the dish with more sesame seeds and cilantro for added color and texture!

YIELD 5 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 35 MIN
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INGREDIENTS

2 Tbsp	Honey
2 Tbsp	Soy Sauce, low-sodium
2 tsp	Sesame Oil
1 tsp	Rice Vinegar
1 tsp	Mirin or Sherry
1-2 tsp	Sambal Oelek Chili Garlic Paste or Sriracha
1 clove	Garlic, minced
1 tsp	Sesame Seeds (optional)
1 each	Pork Tenderloin (about 1-1.25 lbs.)
1 tsp	Olive or Canola Oil

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 400°F.
2. Combine the glaze ingredients (honey, soy sauce, sesame oil, rice vinegar, mirin, chili paste, garlic and sesame seeds) in a small saucepan and bring to a boil; reduce to simmer and allow to reduce slightly.
3. Meanwhile, 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.
4. Heat a sauté pan over medium-high heat and add the oil once hot; swirling the pan to coat evenly.
5. 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.

6. Once seared on all sides, remove the tenderloin to a sheet pan lined with foil. Carefully pour the glaze over the tenderloin and transfer to the preheated oven.
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. Serve warm with a little more glaze from the pan spooned over and enjoy!

Nutrition Facts

5 servings per container

Serving Size 4 oz. (136 g)

Amount per serving

Calories 180

% Daily Value *

Total Fat 6g 7%

Saturated Fat 1g 6%

Trans Fat 0g

Cholesterol 75mg 25%

Sodium 390mg 17%

Total Carbohydrate 8g 3%

Dietary Fiber 0g 0%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 25g 49%

Vitamin D 0.23mcg 0%

Calcium 10mg 0%

Iron 2mg 10%

Potassium 500mg 10%

*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.

