

Ginger Orange Pork Tenderloin



Lean, quick-cooking pork tenderloin gets a sweet and savory glaze full of bright citrus and zingy ginger flavor.

YIELD 4 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 40 MIN
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INGREDIENTS

1 each	Pork Tenderloin (about 1-1.25 lbs.)
¼ tsp	Kosher Salt
¼ tsp	Black Pepper, ground
2 tsp	Olive Oil
2 Tbsp	Butter, <u>divided</u>
1 each	Shallot, <u>minced</u>
2 tsp	Ginger, fresh, grated
¾ cup	Orange Juice, fresh (about 3 oranges)
1 tsp	Thyme, fresh
1 tsp	Soy Sauce, reduced sodium
2 tsp	Corn Starch

CHEF'S NOTES

Pork tenderloin is a lean cut of meat that still offers plenty of flavor. Pairing it with the ginger orange sauce after it has been seared and roasted in the oven cooking allows for an maintain its flavor and crisp exterior.

Make this dish a one pan dinner by roasting with your favorite vegetables: Some combos to try:

- Broccoli and cauliflower
- Asparagus and sweet potatoes
- Brussels sprouts and carrots

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 400°F and line a sheet tray with foil.
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. Season the pork tenderloin with salt and pepper.
3. Heat a large sauté pan over medium-high heat and add the oil. Once heated, add the pork tenderloin 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.
4. Once seared, place the pork tenderloin on the foil lined sheet tray and roast in the oven for 15-18 minutes or until the internal temperature reaches 140°F in the thickest part of the meat.
5. While the pork tenderloin is roasting, prepare the ginger orange sauce by melting 1 Tbsp of butter in a small saucepot. Add the shallot and ginger and sauté until soft, about 3 minutes.

6. Add the orange juice, thyme, and soy sauce and whisk to combine. Whisk in the corn starch slowly to prevent clumping. Allow the mixture to simmer for about 3-4 minutes, then finish with the remaining 1 Tbsp butter.
7. Remove the pork from the oven and transfer to a clean cutting board. Slice the pork into ¼ to ½ inch slices and transfer to a serving platter. If desired, cut on a bias (45° angle) for a nice presentation. Spoon the ginger orange sauce over the pork and enjoy!

Nutrition Facts	
5 servings per container	
Serving Size	4 oz (166 g)
Amount per serving	
Calories	200
	% Daily Value *
Total Fat 9g	12%
Saturated Fat 4g	19%
<i>Trans</i> Fat 0g	
Cholesterol 85mg	29%
Sodium 210mg	9%
Total Carbohydrate 5g	0%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 24g	49%
Vitamin D 0.23mcg	0%
Calcium 10mg	0%
Iron 1mg	8%
Potassium 600mg	12%
*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.	

