



## Honey Mustard Pork Tenderloin

Juicy, sweet, and savory pork that's always a family favorite.

| <u>U.S.</u>       |                         | <u>Metric</u> |
|-------------------|-------------------------|---------------|
| 1 each (~1.25 lb) | Pork Tenderloin         | 567 g         |
| 2 Tbsp            | Olive Oil               | 20 mL         |
| 1 each            | Shallot, minced         | 1 each        |
| 1 tsp             | Thyme, dried            | 1 g           |
| 1 tsp             | Honey                   | 7 g           |
| 1 Tbsp            | Apple Cider Vinegar     | 15 mL         |
| 1/4 tsp           | Kosher Salt             | 1.5 g         |
| To taste          | Black Pepper, ground    | To taste      |
| 1 Tbsp            | Dijon or Creole Mustard | 7 g           |

### Preparation:

1. Gather all ingredients and equipment. Preheat oven to 400°F (200°C).
2. Remove pork tenderloin from package and pat dry with paper towels. Using a chef's knife, carefully remove any excess fat and silverskin (the silvery 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 medium to large size pan over medium-high heat. Add olive oil and evenly coat pan.
4. Place tenderloin in the hot oil and sear on all sides. Each time you flip onto a new side, the meat should not stick. If the tenderloin is "stuck" it is not ready to be flipped. It will release off of the pan naturally, just be patient.
5. Put a baking sheet fitted with foil or parchment paper next to your station. Take a teaspoon of olive oil and grease the foil or parchment. This is for when the pork is done searing.
6. While the pork is searing: In a small bowl, combine the shallot, thyme, honey, vinegar, salt, pepper, and mustard. Mix well and set aside.
7. When the pork is done searing, remove from pan. Place the meat on the baking sheet, on top of the foil or parchment paper. Cover all sides of the tenderloin with the honey mustard mixture.
8. Place the dressed tenderloin in the oven. Bake for about 15 minutes or until the internal temperature reaches 140°F (60°C).
9. Remove from the oven and allow to rest for at least 8 minutes. During this time, the juices will evenly distribute and carry over cooking will increase its internal doneness about 5°F (or 2.78°C).
10. Slice the pork tenderloin from end to end, on a bias for nice presentation. Serve warm and enjoy!

**\*\*Nutrition Facts on Reverse**

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## Nutrition Facts

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5 Servings

**Serving size**                      **4 ounces**

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**Amount per serving**

**Calories**                              **190**

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**Total Fat**                              6 g

    Saturated Fat                      1.5 g

    Trans Fat                              0 g

    Monounsaturated Fat              3 g

**Cholesterol**                              85 mg

**Sodium**                                      240 mg

**Total Carbohydrate**                      2 g

    Dietary Fiber                        0 g

    Total Sugars                        1 g

        Includes 1 g Added Sugars

**Protein**                                      30 g

Vitamin D                                      0 %

Calcium                                        2 %

Iron    8 %

Potassium                                      485 mg

Phosphorus                                      306 mg

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