

Grilled Asian Tenderloins



Ingredients

2 pork tenderloins, well-trimmed, about 12 oz / 375 g EACH
2/3 cup / 150 mL pineapple juice
1/4 cup / 50 mL sodium-reduced soy sauce
2 Tbsp / 30 mL grated ginger root
3 cloves garlic, crushed
1 tsp / 5 mL EACH ground cumin and chili powder
1/2 tsp / 2 mL salt and ground black pepper

Directions

1. Place tenderloins in resealable bag. Combine remaining ingredients and pour over tenderloins, turning to coat. Seal bag and marinate in the refrigerator for up to 24 hours.
2. Remove tenderloins from marinade; discard marinade. Pat tenderloins with paper towels to remove excess marinade.
3. Preheat barbecue on high; reduce heat to medium. Grill tenderloins on lightly oiled grill grate for 20-25 minutes or until instant-read thermometer registers 155°F. Turn once or twice.
4. Remove tenderloins from grill onto a clean cutting board or plate. Tent loosely with foil and let rest 5 minutes before slicing into 1/2-inch thick pieces.

Additional Info

- **Cut:** Tenderloin
- **Prep Time (Minutes):** 15
- **Cook Time (Minutes):** 30
- **Number of Servings:** 6