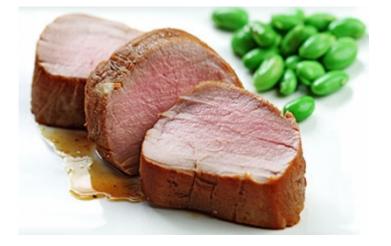
Honey Mustard Pork Tenderloin





Ingredients

¹/₄ cup / 50 mL honey

- 2 Tbsp / 30 mL cider vinegar
- 2 Tbsp / 30 mL packed brown sugar
- $1 \; \text{Tbsp}$ / $15 \; \text{mL}$ prepared yellow mustard
- 1 pork tenderloin, well-trimmed, about 12 oz / $0.375~\mathrm{kg}$

Directions

1. In small bowl, combine honey, vinegar, sugar and mustard. Brush mixture over all sides of tenderloin. Let stand 30 minutes.

Oven method:

- 1. Preheat oven to 400°F.
- 2. Place tenderloin on foil-lined rimmed baking sheet. Roast 20-25 minutes or until instant-read thermometer registers 155°F.
- 3. Remove tenderloin from oven onto a clean plate. Tent loosely with foil and let tenderloin rest 5 minutes before slicing.

Grilling method:

- 1. Preheat barbecue on high; reduce heat to medium. Grill tenderloin on lightly oiled grill grate for 20-25 minutes or until instant-read thermometer registers 155°F. Turn once or twice.
- 2. Remove tenderloin from grill onto a clean plate. Tent loosely with foil and let tenderloin rest 5 minutes before slicing.

Additional Info

- Cut: Tenderloin
- Prep Time (Minutes): 10
- Cook Time (Minutes): 30

• Number of Servings: 3-4