

Buffalo Style Pork Tenderloin Salad



Ingredients

1 pork tenderloin, well-trimmed, about 12 oz / 0.375 kg
2 Tbsp / 30 mL canola oil
2 cloves garlic, minced
2 Tbsp / 30 mL hot Asian chili sauce
1 Tbsp / 15 mL lemon juice
2 tsp / 10 mL sodium-reduced soy sauce
1 tsp + ½ tsp / 7 mL prepared mustard
Salt and ground black pepper to taste
8 cups / 2 L spring mix salad greens
¼ cup / 50 mL crumbled blue cheese (optional)
Bottled ranch dressing

Directions

1. Butterfly pork tenderloin by slicing horizontally to, but not through, opposite side. Open tenderloin as you would a book. Flatten slightly with palm of hand and place in resealable plastic bag.
2. In small glass bowl, stir together oil, garlic, chili sauce, lemon juice, soy sauce, mustard, salt and pepper. Pour marinade over tenderloin. Seal bag and refrigerate 2-24 hours.
3. Remove pork from marinade; discard marinade. Pat tenderloin with paper towels to remove excess moisture.
4. In nonstick skillet or grill pan, cook tenderloin over medium to medium-high heat for 5-7 minutes per side or until instant-read thermometer registers 155°F.
5. Remove tenderloin to a clean cutting board or plate. Tent loosely with foil and let tenderloin rest 5 minutes before slicing into thin 1 to 2-inch long strips.
6. Arrange pork slices on salad greens. Add salad fixings of your choosing.
7. Sprinkle with crumbled blue cheese, if desired.
8. Drizzle with desired amount of your favourite style of ranch dressing.

Additional Info

- **Cut:** Tenderloin
- **Prep Time (Minutes):** 30
- **Cook Time (Minutes):** 15
- **Number of Servings:** 3-4