Blueberry Soy Pork Tenderloin



Ingredients

1 pork tenderloin, well-trimmed, about 12 oz / 0.375 kg
1 cup / 250 mL blueberry jam or jelly
⅓ cup / 80 mL sodium-reduced soy sauce
¼ cup / 50 mL lemon juice
2 Tbsp / 30 mL canola oil
2 Tbsp / 30 mL grated ginger root
3-4 cloves garlic, minced
½ cup / 125 mL sodium-reduced chicken broth
Small handful of fresh or frozen blueberries

Oven Directions

1. Place tenderloin into resealable plastic bag.
2. In small bowl, thoroughly combine jam or jelly, soy sauce, lemon juice, oil, ginger and garlic. Reserve ½-cup of marinade; set aside. Pour remaining marinade over tenderloin; turn to coat. Seal bag. Marinate in refrigerator 2-24 hours.
3. Preheat oven to 400°F. Remove tenderloin from marinade; discard marinade. Pat tenderloin with paper towels to remove excess marinade.
4. Place tenderloin on foil-lined baking sheet. Roast 20-25 minutes or until instant-read thermometer registers 155°F. If required, cover tenderloin loosely with foil during last 5 minutes of cooking to prevent burning.
5. Remove tenderloin from oven onto a clean plate. Tent loosely with foil and let tenderloin rest 5 minutes.
6. In small saucepan, combine reserved marinade with broth. Add blueberries and cook sauce over medium heat until slightly thickened, stirring often. If desired, lightly mash blueberries with back of spoon or leave whole.
7. Carve tenderloin into ¼-inch thick slices and serve with sauce.

Grilling Directions

1. Place tenderloin into resealable plastic bag.
2. In small bowl, thoroughly combine jam or jelly, soy sauce, lemon juice, oil, ginger and garlic. Reserve ½-cup of marinade; set aside. Pour remaining marinade over tenderloin; turn to coat. Seal bag. Marinate in refrigerator 2-24 hours.
3. Remove tenderloin from marinade; discard marinade. Pat tenderloin with paper towels to remove excess marinade.
4. Preheat barbecue on high; reduce heat to medium. Grill tenderloin 3-4 minutes per side, until nicely grill marked.
5. Turn off one side of barbecue. With barbecue cover closed, continue to cook tenderloin over indirect heat (“off” heat side) for 15-20 minutes or until instant-read thermometer registers 155˚F.
6. Meanwhile, in small saucepan, combine reserved marinade with broth. Add blueberries and cook sauce over medium heat until slightly thickened, stirring often. If desired, lightly mash blueberries with back of spoon or leave whole.
7. Remove tenderloin from barbecue onto a clean plate. Tent loosely with foil and let rest 3-5 minutes before carving into ¼-inch slices. Serve with sauce.

Additional Info

- **Cut:** Tenderloin
- **Prep Time (Minutes):** 15
- **Cook Time (Minutes):** 25
- **Number of Servings:** 3-4