Honey Mustard Pork Tenderloin



Ingredients

¼ cup / 50 mL honey
2 Tbsp / 30 mL cider vinegar
2 Tbsp / 30 mL packed brown sugar
1 Tbsp / 15 mL prepared yellow mustard
1 pork tenderloin, well-trimmed, about 12 oz / 0.375 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