

Pork Tenderloin with Lemon Coriander Sauce



Ingredients

1 pork tenderloin, well-trimmed, about 12oz / 0.375 kg
1 Tbsp / 15 mL canola oil
2 Tbsp / 30 mL EACH lemon juice, sodium-reduced soy sauce and honey
2 tsp / 10 mL ground coriander
¼ tsp / 1 mL EACH ground black pepper and ground ginger
1 tsp / 5 mL lemon zest
¾ cup / 175 mL chicken broth
1 Tbsp / 15 mL cornstarch

Directions

1. Place pork tenderloin in resealable plastic bag.
2. Combine oil, lemon juice, soy sauce, honey, coriander, pepper, ginger and lemon zest. Reserve half the marinade for the sauce; pour remainder over tenderloin. Seal bag and turn to coat. Marinate in refrigerator 4-24 hours, turning occasionally.
3. Remove tenderloin from marinade, discard marinade. Pat tenderloin with paper towels to remove excess marinade.
4. Preheat oven to 350°F. Place tenderloin on rack in roasting pan. Roast for 25-30 minutes or until instant-read thermometer registers 155°F.
5. Remove tenderloin from oven onto a clean cutting board. Tent loosely with foil and allow tenderloin to rest 5 minutes before slicing.
6. Meanwhile, in small saucepan, whisk cornstarch into reserved marinade. Stir in chicken broth. Bring mixture to a boil over medium-high heat. Reduce heat and simmer 5-10 minutes, stirring often. Drizzle sauce over sliced tenderloin.

Additional Info

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

- **Number of Servings:** 3-4