

Honey & Ginger Pork Tenderloin

By Chef Amanda DeLaura



Ingredients:

1 pork tenderloin
1/4 cup olive oil
3 Tbsp rice vinegar
1 Tbsp coconut aminos
1 clove garlic
1" piece ginger, *peeled & sliced*
1 Tbsp honey
1 tsp black pepper
1/2 tsp salt
1/2 lime, *zested*
1/2 lime, *juiced*
Cilantro, *minced for garnish, if desired*

Directions:

1. Combine all ingredients but tenderloin in a blender. Place marinade and tenderloin in a large plastic bag (or shallow dish) and let sit in the refrigerator overnight (anywhere from 4 to 25 hrs). Heat oven to 350°F. Meanwhile, heat a pan over medium-high heat. Once hot, place pork loin onto pan and sear till browned, about two minutes on each side. Be sure to reserve marinade juices in the bag.
2. Remove tenderloin from heat, place onto a baking sheet or pan and pour marinade over tenderloin. Bake for 30 minutes, or until the center registers to 145°F. (Be sure to avoid using a cast-iron skillet to sear the tenderloin. The vinegar in the marinade has the potential to ruin the seasoning on your cast iron.)
3. Once fully cooked, allow the tenderloin to rest for 5 to 10 minutes. Slice as desired and garnish with minced cilantro

