

Pork Tenderloin with Honey Garlic Sauce

Ingredients

2 pork tenderloin (pork fillet), 500g

1.5 tbsp olive oil (or butter)

3 garlic cloves, very finely chopped

Pork Tenderloin Rub:

0.5 tsp garlic powder

0.5 tsp paprika

0.5 tsp salt

0.5 tsp black pepper

Honey Garlic Sauce:

3 tbsp cider vinegar (alternatives white wine vinegar or rice vinegar)

1.5 tbsp soy sauce, light or all purpose

150 g honey (or maple syrup)

Instructions

Preheat oven to 180C.

Mix Sauce ingredients together.

Mix Rub ingredients then sprinkle over the pork.

Heat the oil in a large oven proof skillet over high heat.

Add pork and sear until golden all over.

When pork is almost seared, push to the side, add garlic and cook until golden.

Pour sauce in. Turn pork once, then immediately transfer to the oven.

Roast 15 – 18 minutes or until the internal temperature is 68C.

Remove pork onto plate, cover loosely with foil and rest 5 minutes.

Place skillet with sauce on stove over medium high heat, simmer rapidly for 3 minutes until liquid reduces down to thin syrup.

Remove from stove, put pork in and turn to coat in sauce.

Cut pork into thick slices and serve with sauce!