

Maple Mustard Pork Tenderloin

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Ingredients

Pork

- 1 lb. Pork Tenderloin silver skin removed
- 2 Tbsp Vegetable oil
- 1 tsp dried Oregano
- 1 tsp dried Rosemary
- 1/2 tsp Garlic powder
- 1/2 tsp Paprika
- 1/2 tsp dried Thyme
- 1/2 tsp Kosher salt
- 1/2 tsp Black pepper
- 1/2 cup Reduced sodium beef broth

Maple mustard sauce

- 3 Tbsp Maple Syrup (real maple syrup)
- 2 Tbsp Reduced sodium soy sauce
- 2 Tbsp creamy Dijon mustard
- 3 cloves Garlic minced
- 1/4 tsp Kosher salt
- 1/4 tsp Black pepper

Garnish

- minced fresh Parsley
- additional Pan drippings



Directions

- Preheat oven to 400°F. Remove silver skin of pork tenderloin (see the "chef tips" section below for information about this). Pat pork tenderloin very dry with paper towels.
- Combine maple mustard sauce ingredients (soy sauce, garlic, maple syrup, mustard, salt and pepper) in a small bowl and set aside.
- Combine dried oregano, rosemary, garlic powder, paprika, thyme, salt, and pepper in a small bowl, then rub into the pork, on all sides.
- Heat vegetable oil in a cast iron skillet, or other oven-safe skillet, over MED HIGH heat.
- Once oil is hot, add pork and sear for about 2 minutes per side. Set pork aside on a plate.
- Add beef broth and scrape the bottom of the skillet with a wooden spoon, releasing any browned bits, cooking until the broth reduces by half.
- Add pork back to the skillet, brush pork with about half of the maple mustard sauce, then bake in the preheated oven for 15-20 minutes, or until a meat thermometer inserted into the thickest part of the tenderloin registers between 137 - 140°F.
- Brush pork with remaining sauce and broil on HIGH for 1-2 minutes, or until golden brown and sauce is caramelized and sticky.
- Let pork rest for 5-10 minutes, then slice into 1/2" thick slices and sprinkle with minced parsley (if desired), and drizzle with pan juices.

Notes

- Removing the silver skin from the pork tenderloin is essential, because if it stays on, that part of the pork will be very chewy and not appetizing.
- Leftovers should be kept refrigerated in an airtight container, and should be consumed within 3-4 days.