
Pork Tenderloin with Apple and Orange Salad

Jessica D'Ambrosio, Richmond Flores, Melissa Gaman, Khallil Hymore, Steve Jackson and Ji Yoon Jackie Park
Food Network Magazine - November, 2021

Servings: 4

Preparation Time: 25 minutes

Start to Finish Time: 40 minutes

1 large or 2 small (1-3/4 pounds total) pork tenderloins

Kosher salt

freshly ground pepper

1/4 cup grainy mustard

2 tablespoons pure maple syrup

1 tablespoon fresh sage, finely chopped

3 tablespoons fresh lemon juice

2 tablespoons extra-virgin olive oil

2 navel oranges

1 tart apple, thinly sliced

1/2 head radicchio, thinly sliced

1/2 cup chopped fresh parsley

1/2 cup toasted walnuts, roughly chopped

Preheat the oven to 425 degrees.

Season the pork all over with salt and pepper. Combine the mustard, maple syrup, sage, two tablespoons of lemon juice and one tablespoon of olive oil. Rub all over the pork and set aside to marinate while you prepare the salad.

Meanwhile, with a sharp paring knife, remove the peel and pith from the oranges. Working over a large bowl, cut along the membranes to remove the segments. Squeeze the membranes to release any remaining juice into the bowl. Add the apple, radicchio, parsley, walnuts and remaining one tablespoon of olive oil and one tablespoon of lemon juice to the bowl. Season with salt and pepper. Toss to combine.

Line a rimmed baking sheet with nonstick foil. Add the pork to the pan and drizzle with any remaining marinade. Roast until a thermometer inserted into the center of the pork registers 135 degrees, 15 to 20 minutes. Switch the oven to broil and broil until the marinade is browned, about 2 minutes.

Transfer the pork to a cutting board and let rest for 5 minutes.

Slice the pork and serve with the apple and orange salad.

Pork

Per Serving (excluding unknown items): 129 Calories; 8g Fat (51.6% calories from fat); 2g Protein; 15g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 211mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fruit; 1 1/2 Fat.