

CITRUS AND HERB MARINATED PORK TENDERLOIN

A citrus-infused delight, perfect for any occasion.
The homemade marinade elevates the pork to another level.



Citrus and Herb Marinated Pork Tenderloin



SERVINGS



PREP TIME



PASSIVE PREP



COOK TIME

Ingredients

454 g (1 lb) pork tenderloin

Marinade

1 orange, juiced

15 mL (1 tbsp) lemon juice

15 mL (1 tbsp) mustard

15 mL (1 tbsp) vegetable oil

6 cloves garlic, crushed

5 mL (1 tsp) dried thyme

10 mL (2 tsp) black pepper

1 mL (¼ tsp) salt (optional)

2 mL (½ tsp) chili flakes (optional)

Instructions

1. Trim fat and silver skin from pork tenderloin and place into a container with a tight-fitting lid.
2. Pour orange juice, lemon juice, mustard, vegetable oil, garlic, thyme, black pepper, salt (optional), and chili flakes (optional) into the container.
3. Mix well to coat, cover the container, and place into the refrigerator. Marinate for at least 30 minutes.
4. Preheat oven to 190°C (375°F).
5. Place marinated pork into a baking dish and bake for 30 to 35 minutes or until an inserted [digital food thermometer](#) reaches an internal temperature of 71°C (160°F).
6. Let rest for 5 minutes before carving.



SERVING SUGGESTION

Add your family's most-liked veggies and pair with your favourite whole grain food to complete the meal.



CHEF'S TIPS

Allow at least 30 minutes for the marinade to enhance the flavour.



MIX IT UP

This citrus and herb marinade may also be used for tofu or chicken.



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