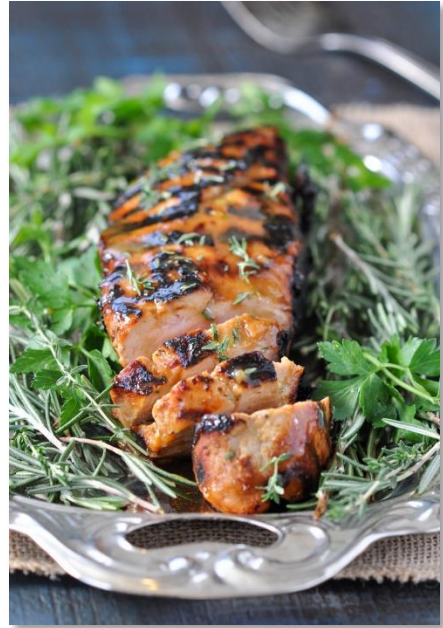


Honey Garlic Dijon Pork Tenderloin Marinade

Serves 4

- 1 pork tenderloin (about 450g)
- ½ C honey
- ½ C Dijon mustard
- 2 T soy sauce
- 1 T minced garlic
- Leaves from 2 sprigs fresh rosemary, minced (can substitute with about ½ teaspoon dried rosemary)
- Leaves from 2 sprigs fresh thyme, minced (can substitute with about ½ teaspoon dried thyme)
- Salt and pepper, to taste



- Whisk together **honey, Dijon mustard, soy sauce, garlic, rosemary, and thyme**. Season pork on all sides with **salt and pepper**, to taste.
- Place pork in a large zip-top plastic bag. Pour half of the marinade over the pork and toss to coat. Seal the bag and refrigerate the pork in the marinade for **at least 30 minutes, or up to 24 hours**. Rotate the pork occasionally so that the marinade touches all sides.
- Set aside the remaining ½ of the marinade in a separate bowl, cover, and refrigerate for later.

To cook the tenderloin in the oven:

1. Remove pork from the marinade and place in a baking dish that has been coated with cooking spray. Discard bag with the marinade. Allow pork to come to room temperature while you preheat the oven.
2. Preheat oven to **200°C**.
3. Cover with foil and **bake for 25 minutes** (use thermometer).
4. Remove cover, brush with reserved marinade, and place under the broiler for about 5 minutes (or until a crispy crust forms on top – use torch), and pork reaches an **internal temperature of 60°C**.
5. Remove from oven and allow pork to **rest for about 10 minutes** before slicing. Serve with any remaining refrigerated marinade.