

MAPLE GLAZED PORK TENDERLOIN

ingredients:

- 2 pork tenderloin, fully trimmed
 - 1 tbsp olive oil
- For the Dry Rub
- 1 tsp garlic powder
 - 1 tsp paprika
 - 1 tsp dry mustard
 - ½ tsp salt
 - ½ tsp pepper
- For the Glaze
- ½ cup maple syrup
 - 3 tbsp rice wine vinegar
 - 2 tbsp soy sauce
 - 2 tbsp chopped garlic

directions:

1. Add all the ingredients for the dry rub into a small bowl and mix to combine. Rub the mixture evenly over your pork tenderloin. Place the pork into a Ziplock bag and refrigerator for at least 30 minutes. Remove from the refrigerator and let rest at room temperature for 10 minutes.
2. Preheat oven to 350° F
3. Combine the maple syrup, vinegar and soy sauce in a small bowl and mix well, set aside.
4. Add oil to your skillet and brown pork tenderloin over medium-high heat on all sides until you have a nice crust. About 4-5 minutes per side.
5. Once your pork has been browned on all sides, transfer it to a baking dish.
6. To the same skillet over medium heat, add the garlic and sauté for 1 minute, stirring continuously to make sure it doesn't burn. Add the prepared glaze to the pan and use a spatula to help deglaze your pan. Transfer your pork and any juices back to your pan and turn it to coat it on all sides with the glaze.
7. Place the pork back into the baking dish and pour the glaze over the tenderloin. Bake in the middle rack of your oven for approximately 15-20 minutes, or until the internal temperature reaches 145° F
8. Transfer your pork to a cutting board and allow it to rest for approximately 5 minutes. Meanwhile, pour the liquid from the baking dish into your skillet and cook, stirring regularly, over medium heat until it thickens. Your glaze is ready when you can coat the back of a spoon with it.
9. Pour glaze over your pork tenderloin and serve.

Enjoy!

