


GRILLED PORK TENDERLOIN WITH CHIMICHURRI
 10 portions

INGREDIENTS

- 2.5 lb pork tenderloin
- 1 tbsp brown sugar
- 1 tbsp of salt, table [18 g]
- 1 tbsp of spices, paprika [7 g]
- 1 tbsp, ground of spices, pepper, black [7 g]
- 1 tbsp of spices, garlic powder [10 g]
- Chimichurri sauce

COOKING METHOD

- 1° In a bowl whisk together brown sugar, salt, paprika, pepper and garlic powder.
- 2° Rub the tenderloin with the seasoning until evenly coated.
- 3° Cook the tenderloin: Oven: Preheat oven to 400° Place rack in the middle. Heat 1-2 tbsp olive oil in oven safe skillet (or cast iron skillet). Add tenderloin to the pan and cook until it is evenly browned on all sides [5-6 minutes]. Place the pan in the oven and bake for 15 more minutes, flipping the meat once halfway through. Bake until the internal temperature reads 145° F. Grill: Heat grill or grill pan to medium-high heat. Grill pork, turning occasionally with tongs, until charred and a thermometer inserted into the thickest part of the tenderloin reads 145, about 20 minutes. [For larger tenderloins, bake in a 400° oven for 15 to 25 minutes more, until desired internal temperature is reached.]
- 4° Transfer to a cutting board and let it rest for at least three minutes.
- 5° Slice and serve.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (157 g)	% DRI
ENERGY	184 kcal	288 kcal	14 %
FAT	12 g	19 g	29 %
FATTY ACIDS, TOTAL SATURATED	2 g	3 g	15 %
CHOLESTEROL	47 mg	74 mg	25 %
SODIUM	497 mg	779 mg	32 %
CARBOHYDRATE	3 g	4 g	1 %
SUGARS	1 g	2 g	—
FIBER	1 g	1 g	4 %
PROTEIN	16 g	24 g	—