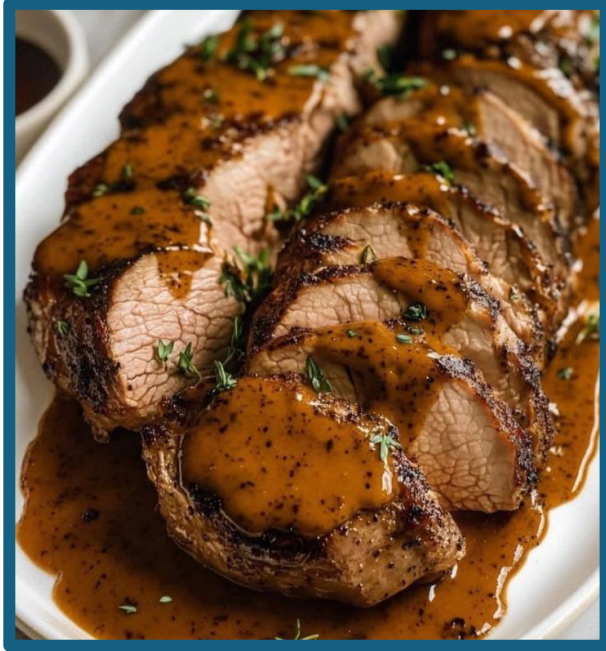



Savory Dijon Pork Tenderloin



Ingredients:

For the Pork Tenderloin:

1-1.5 lbs. pork tenderloin
2 tbsp olive oil 
1 tsp of salt
1/2 tsp black pepper

For the Dijon Marinade:

1/4 cup Dijon mustard
2 tbsp honey
2 tbsp soy sauce
1 tbsp apple cider vinegar
2 garlic cloves, minced
1 tsp dried thyme
1/2 tsp paprika

Instructions:

Step 1: Prepare the Marinade

In a bowl, mix together Dijon mustard, honey, soy sauce, apple cider vinegar, garlic, thyme, and paprika.

Step 2: Marinate the Pork

Pat the pork tenderloin dry with paper towels and season with salt and pepper.
Place the pork in a resealable bag or dish and pour the marinade over it.
Marinate in the refrigerator for at least 1 hour or overnight for maximum flavor.

Step 3: Cook the Pork

Option 1: Oven-Roasted

Preheat the oven to 400°F (200°C).

Heat olive oil in a skillet over medium-high heat. Sear the pork on all sides until golden brown, about 2-3 minutes per side.

Transfer the pork to a baking dish and pour any remaining marinade over it.

Roast in the oven for 18-20 minutes, or until the internal temperature reaches 145°F (63°C).

Option 2: Grill

Preheat the grill to medium-high heat. Sear the pork for 2-3 minutes per side.

Reduce the heat to medium and cook for an additional 15-20 minutes, turning occasionally, until it reaches 145°F (63°C).

Step 4: Rest and Serve

Let the pork rest for 5 minutes before slicing to allow the juices to redistribute. Serve with your favorite sides, such as roasted vegetables, mashed potatoes, or a fresh green salad.