

PORK TENDERLOIN MARINADE

A quick, flavorful marinade for pork tenderloin, great on the grill or in the oven — with a bonus option to roast or grill vegetables in the same marinade



INSTRUCTIONS

1. Rinse and prep the pork

- 2 1/2 lbs pork tenderloin
- 1 sprig fresh rosemary

Rinse the pork tenderloin under cold water and pat it completely dry with paper towels. Trim off any visible fat.

2. Make the marinade

- 1/4 cup olive oil
- 2 Tbsp tamari or coconut aminos
- 2 Tbsp Dijon mustard (smooth, whole-grain, or a mix)
- 4 Tbsp [monk fruit/allulose sweetener](#)
- 1 Tbsp lemon juice
- 1 tsp Worcestershire sauce
- 2 cloves garlic, minced
- 1 Tbsp chopped parsley
- 1/2 tsp garlic powder
- 1/2 tsp salt
- Ground black pepper, to taste

Combine all the marinade ingredients in a large measuring jug or bowl. Whisk well until fully combined.

3. Marinate the pork

Place the pork tenderloin and rosemary sprig in a large zip-top bag. Pour the marinade over the top, remove excess air, and seal. Massage the marinade into the meat, then refrigerate for at least 1 hour, up to 3 days.

4. Cook

Remove the pork from the marinade, discarding the marinade, rosemary, and bag. Cook until it reaches a minimum internal temperature of 145°F, followed by a 3-minute rest, using one of the methods below.

Oven: Sear the tenderloin in an oven-safe skillet over high heat for 1 to 2 minutes per side. Transfer to a 400°F oven and bake 20 to 25 minutes, or until done to your liking. Alternatively, use a covered Dutch oven or wrap in foil and bake at 350°F for 40 to 45 minutes.

Grill: Grill over high direct heat, covered, for 5 to 7 minutes per side, then move to indirect heat and finish grilling until it reaches your desired doneness.

Slice to serve.

5. Optional: roast or grill vegetables in the marinade

- Mixed vegetables of choice, cut into similar-sized pieces (bell peppers, zucchini, asparagus, broccoli, Brussels sprouts, mushrooms, red onion, or carrots all work well)
- The reserved marinade from the pork

Toss the vegetables with the reserved marinade. Since the vegetables will be fully roasted or grilled through, this fully cooks off any raw pork contact, the same way basting meat with its own marinade during cooking is safe. (If you'd rather use the marinade raw or as a finishing drizzle after cooking, make a separate fresh batch instead.)

To roast: Preheat the oven to 425°F. Spread the vegetables on a parchment-lined sheet pan in a single layer. Roast for 20 to 25 minutes, tossing halfway through, until tender and lightly caramelized.

To grill: Thread the vegetables onto skewers, or use a grill basket for smaller pieces. Grill over medium-high heat for 8 to 12 minutes, turning occasionally, until tender and lightly charred. Denser vegetables like carrots and Brussels sprouts may need a few extra minutes — cut them smaller so they cook at the same pace as quicker vegetables like zucchini and bell peppers.

Serve alongside the pork.

NUTRITION (per serving, makes 8)

Estimated, pork and marinade only, does not include vegetables

- Calories: 210
- Total Fat: 9g
- Total Carbs: 2g
- Fiber: 0g
- Net Carbs: 2g
- Protein: 28g

STORAGE

Uncooked pork can marinate in the fridge for up to 3 days, or be frozen in the marinade for up to 5 months (thaw in the fridge overnight before cooking). Cooked leftovers keep in an airtight container in the fridge for 3 to 4 days.



Recipe created by Mind-Body Functional Health.
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