

VALLEY COMMONS

PORK TENDERLOIN

• WITH 2021 PINOT GRIS •

Try our 30 minute marinade, grilled pork tenderloin.

MARINADE

- Remove pork tenderloin from package and pat dry
- Insert tenderloin into a resealable bag
- Mix together: oil, mustard, honey, lemon, garlic and dry spices & pour over the pork
- Shake/rub marinade all around tenderloin, seal bag and refrigerate for 30 mins. Yes that's all, only 30 minutes.

PRE-HEAT

- Preheat your grill to medium and lightly oil to avoid meat sticking

INSTRUCTIONS

- Dry tenderloin with paper towel
- Stir together oil, mustard, honey, lemon, garlic and spices
- Pour half of marinade into resealable bag with pork, remove any air from the bag and refrigerate for 30 minutes
- Pre-heat the grill to medium and oil the grates
- Grill tenderloin for 15-20 minutes with lid closed. Make sure to rotate every couple minutes to ensure even cooking.
- Half way through cooking, brush on the remainder of the marinade onto the pork
- Transfer the tenderloin to a cutting board and rest for 5 minutes before slicing to serve

INGREDIENTS

- 1 1/2 - 2 lbs pork tenderloin
- 1/4 cup oil
- 2 tsp of your favourite mustard
- 2 tsp of local Okanagan honey
- 4 tablespoons of lemon juice
- 2 tsp of minced garlic
- 1/2 tsp salt & pepper
- 1 tsp of dried herbs (I like oregano, thyme & parsley)

