



# Maple Mustard Glazed Pork Tenderloin with Apple Pan Sauce

## Ingredients

- 1 pork tenderloin
- salt/pepper
- **1 tbsp.** grapeseed oil (or any oil that can be heated to a high temperature)
- **¼ cup** maple syrup
- **1 tbsp.** grainy Dijon mustard
- **1** tart, crisp apple, thinly sliced
- **1 or 2** shallots, finely diced
- **1 tbsp.** apple cider vinegar

## Directions

1. Remove the silver skin from the pork tenderloin.
2. Sprinkle with salt and pepper.
3. Heat oil in a heavy frying pan.
4. Brown the pork tenderloin on all sides and remove to a plate
5. Pour the maple syrup into the pan and allow it to reduce to about half.
6. Stir in mustard.
7. Roll the tenderloin around in the glaze to coat it well.
8. Place in 375 degree oven for about 20 minutes.

9. While pork is cooking, cut the apple into quarters and then cut each quarter in half. Slice thinly into little triangles.
10. Finely dice the shallots.
11. The cooking time will depend on the thickness of the pork.
12. The internal temperature should be about 155 degrees.
13. Remove from oven and place on a clean plate to rest for at least 10 minutes. Cover lightly with foil.
14. Place frying pan over medium heat. Add 1 tbsp. butter and the shallots. Cook for a minute or two and add the apples.
15. Sprinkle with salt and pepper and stir until the apples are tender/crisp.
16. Add the apple cider vinegar, taste and adjust the seasoning.
17. If the sauce is too dry, add water or apple cider 1 tbsp. at a time
18. Slice the tenderloin and serve with pan sauce



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