

# PORK TENDERLOIN WITH HONEY AND GARLIC SAUCE



2 SERVINGS



PREP TIME:  
10 MIN



COOK TIME:  
25 MIN

## INGREDIENTS

### For the Pork Tenderloin

2 (1 lb each) pork tenderloins  
1 teaspoon garlic powder  
1 teaspoon sweet paprika  
1 teaspoon onion powder  
1 teaspoon dried thyme  
1 teaspoon kosher salt  
1/2 teaspoon freshly ground black pepper  
2 tablespoons extra virgin olive oil

### For the Honey Garlic Sauce

1/4 cup honey  
3 tablespoons tamari soy sauce (or regular soy sauce)  
2 tablespoons apple cider vinegar  
4 cloves garlic, minced

## DIRECTIONS

- Preheat the oven to 375°F (190°C).
- In a small bowl, mix garlic powder, sweet paprika, onion powder, dried thyme, kosher salt, and black pepper. Season and Sear the Pork: Rub the spice blend evenly over the pork tenderloins.
- Heat olive oil in a large, oven-safe skillet over medium-high heat. Sear the pork on all sides until golden brown, about 4 minutes.
- In a separate bowl, whisk together honey, tamari soy sauce, apple cider vinegar, and minced garlic.
- Pour the honey garlic sauce over the pork in the skillet. Turn the pork tenderloins to coat them evenly with the sauce. Transfer the skillet to the oven and bake for 15–20 minutes or until an internal temperature of 140°F (60°C) is reached.
- Remove the pork from the skillet and cover it with foil. Let it rest for 5–10 minutes. Place the skillet back on the stove and simmer the sauce for 1–2 minutes until slightly thickened.
- Slice the pork into 1/2-inch thick pieces.
- Drizzle the reduced honey garlic sauce over the slices and serve warm.

