

Roasted Pork Tenderloin with Pear Chutney



main meals

POINTS® Value: 6

Servings: 4

Preparation Time: 20 min

Cooking Time: 50 min

Level of Difficulty: Easy

Give new meaning to Christmas dinner with our fruit-enhanced pork tenderloin.

Ingredients

- 1/2 cup orange juice
- 1/2 cup apple cider vinegar
- 2 Tbsp unpacked light brown sugar
- 1 tsp ground coriander
- 1/4 tsp ground cinnamon
- 1/4 tsp ground cloves
- 4 medium pear(s), ripe, peeled, cored and cut into 1/2-inch pieces
- 1/2 cup red onion(s), minced
- 2 tsp ginger root, fresh, minced
- 1 pound lean pork tenderloin
- 1/2 cup raisins
- 1 sprays cooking spray

Instructions

- Combine orange juice, vinegar, sugar, coriander, cinnamon and cloves in a medium saucepan. Add pears, raisins, onion and ginger; mix well. Set pan over medium-high heat and bring to a simmer; reduce heat to low and simmer until chutney mixture is thick and dark, stirring frequently, about 20 to 30 minutes.
- Preheat oven to 400°F. Coat an 11 x 7-inch baking pan with cooking spray. Transfer pork to prepared pan. Set aside half of chutney and spoon remaining chutney all over pork; roast until an instant-read thermometer inserted in the center of pork reads 160°F, about 20 minutes.
- Allow pork to rest 10 minutes before slicing crosswise into rounds. Serve pork with remaining pear chutney on the side. Yields about 3 ounces of pork and 1/4 cup of chutney per serving.
- .
- serving.