

4/18/18

## ASIAN-STYLE PORK TENDERLOIN



### Ingredients:

1	14 - 16 oz.	Pork Tenderloin
1	Tablespoon	Coconut Oil (or vegetable oil)
¾	Cup	Vegetable Stock (or chicken stock)
¼	Cup	Hoisin Sauce
1	Tablespoon	Brown Sugar (packed)
1	Tablespoon	Catsup
1	Tablespoon	Soy Sauce
1	Teaspoon	Sesame Seeds (optional)
		Salt & Pepper to taste

### Directions:

1. Rinse and pat dry the tenderloin. Cover and let sit on counter for about 1½ hours. Pound to about a 1" thickness and season with salt & pepper.
2. Heat oil over medium heat in saute pan until shimmering. Sear tenderloin until well browned on both sides (about 7 to 8 minutes per side) and meat registers 130° internal temperature.
3. Mix together remaining ingredients (except sesame seeds) and add to pan. Simmer, turning tenderloin occasionally to coat both sides, for about 3 – 5 minutes, or until internal temperature reads 145°.
4. Remove tenderloin from pan and let rest for 5 minutes. Continue to simmer sauce until thickened and reduced by half. To serve, slice tenderloin into ½ inch slices and spoon sauce over top. Sprinkle with sesame seeds, if using.