



Spicy Asian Pork Tenderloin



1/4 of recipe (about 3.25 oz. cooked pork with 2 tbsp. sauce): 191 calories, 4g total fat (1g sat. fat), 555mg sodium, 13g carbs, <0.5g fiber, 9g sugars, 24g protein

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Prep: 15 minutes **Cook:** 30 minutes

Marinate: 1 hour



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Ingredients

Marinade

- 2 tbsp. reduced-sodium/lite soy sauce
- 1 tbsp. sweet Asian chili sauce
- 2 tsp. chopped garlic
- 1 tsp. chopped ginger
- 1 tsp. crushed red pepper flakes

Pork

One 1-lb. raw pork tenderloin, trimmed of excess fat

Sauce

- 2 tsp. cornstarch
- 3 tbsp. sweet Asian chili sauce
- 1 1/2 tbsp. seasoned rice vinegar
- 1 tsp. chopped garlic
- 1/4 tsp. crushed red pepper flakes
- 2 tbsp. thinly sliced scallions

Optional topping: extra thinly sliced scallions

Directions

In a small bowl, combine marinade ingredients; stir until uniform. Place pork and marinade in a large sealable plastic bag; remove as much air as possible and seal. Gently knead marinade into meat through the bag. Refrigerate for 1 hour.

Preheat oven to 425 degrees.

Bring a large oven-safe skillet sprayed with nonstick spray to high heat on the stove. Add pork and discard excess marinade. Evenly sear meat, rotating it occasionally, until dark on all sides, about 4 minutes total.

Place skillet in the oven and bake for 10 minutes.

Carefully flip pork. Bake until pork center reaches 145 degrees, 5 - 10 more minutes.

Remove pork from the skillet and let rest for 10 minutes.

Meanwhile, to make the sauce, combine cornstarch with 1/4 cup water in a small nonstick pot. Stir to dissolve. Add remaining sauce ingredients *except* scallions and stir well. Set heat to medium. Stirring frequently, cook until sauce has thickened, 6 - 8 minutes. Remove from heat, and stir in scallions.

Slice pork, and serve with sauce!

MAKES 4 SERVINGS

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