



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

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 5*

Purple Plan [SmartPoints](#)® value 5*

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

Marinate: 1 hour



More: [Lunch & Dinner Recipes](#), [Four or More Servings](#)

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

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a

value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.

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Author: Hungry Girl

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