Dinner, Indian

Tangy Spiced Roasted Pork Tenderloin

A whole pork tenderloin marinates in a punchy paste of vinegar, garlic, ginger and toasted spices, then roasts until just cooked through. Sliced thick, it makes a boldly seasoned centerpiece.



460 min	140	2 g	0 g
time	calories	carbs	sugars

Gluten free | Dairy free | Nut free

Ingredients, 6 servings

- [ ] 1/2 cup apple cider vinegar
- [ ] 7 clove garlic (chopped)
- [ ] 1 (2-inch) piece fresh ginger (peeled and chopped)
- [ ] 1 tbsp cumin seeds (toasted)
- [ ] 2 tsp Kashmiri chili powder or smoked paprkia
- [ ] 1 tsp black peppercorns
- [ ] 1 tsp mustard seeds
- [ ] 1/4 tsp ground cinnamon
- [ ] 3/4 tsp salt
- [ ] 1 1/2 lbs pork tenderloin (silver skin discarded)

Method

- [ ] **1** Blend the apple cider vinegar, garlic, fresh ginger, cumin seeds, Kashmiri chili powder or smoked paprika, black peppercorns, mustard seeds, and ground cinnamon in a food processor until you have a fine paste.
- [ ] **2** Stir the salt into the spice paste until evenly blended.
- [ ] **3** Brush the paste all over the pork tenderloin, cover, and refrigerate for at least 6 hours.
- [ ] **4** Remove the pork tenderloin from the refrigerator and let it stand at room temperature for 1 hour.
- [ ] **5** Preheat the oven to 425°F.
- [ ] **6** Set the pork tenderloin in a heavy roasting pan and roast on the middle rack for 30 minutes, until an instant read thermometer inserted into the thickest part registers 140°F.
- [ ] **7** Transfer the pork tenderloin to a cutting board, tent it with aluminum foil, and let it stand for 10 minutes before slicing.

Nutrition Facts

Per serving

Calories	**140**
Total fat	3 g
Saturated fat	1 g
Sodium	380 mg
Total carbs	2 g
Fiber	1 g
Total sugars	0 g
Protein	24 g

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