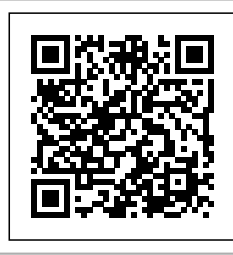


Apricot Glazed Tenderloin



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Recipe by: Laura Vitale

Serves 4 or 6 in a sandwich

Prep Time: 15 minutes

Cook Time: 30 minutes

Ingredients

For the Glaze:

- 3 Tbsp of Apricot Preserves
- 1 Tbsp of Honey
- 2 Tbsp of Balsamic Vinegar
- 1 Tbsp of Dijon Mustard
- Salt and Pepper to taste

For the remaining Ingredients:

- 1 Pork Tenderloin, trimmed
- 1 Sprig of Rosemary, finely chopped
- 1.5 Tbsp of Garlic and Herb Seasoning
- Salt and Pepper to taste
- 1 Tbsp of Olive Oil
- Splash of Water
- Squeeze of Lemon, optional

1) Preheat your oven to 400 degrees.

2) In a non stick, ovenproof skillet, add the oil, allow it to get nice and hot over medium high heat, meanwhile, season all sides of the tenderloin with salt, pepper, seasoning and finely chopped rosemary, add to the hot pan, sear on all sides or until golden brown, meanwhile, make the glaze.

3) In a small bowl, stir together the apricot preserves, honey, balsamic, dijon, salt and pepper, give it a taste and adjust to your liking. Add about half the glaze all over the top of the tenderloin, then pop it in the oven to roast until the internal temp reaches 150 degrees.

4) When the tenderloin is ready, take it out of the skillet to rest for 10 minutes, meanwhile add the remaining glaze, plus about 1/4 cup or so of water, cook it all together over medium heat or until thickened, then add a tiny squeeze of lemon, adjust seasoning to taste and drizzle over the sliced pork and finish with some fresh chopped parsley.

