



## *Roast Pork Tenderloin with Apricot Sauce*



### **Ingredients, Pork Tenderloin:**

- 1 pound pork tenderloin
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 tablespoon olive oil
- 1 tablespoon butter

### **Ingredients, Sauce:**

- 1 teaspoon olive oil
- 1 tablespoon butter
- ½ cup finely diced onion
- ½ cup chicken broth
- ½ cup apricot preserves
- ½ teaspoon ground ginger (or 1 teaspoon fresh grated ginger)
- 1 tablespoon grainy mustard
- 1 tablespoon apple cider vinegar

### **Method:**

1. Preheat oven to 425°F.
2. Sprinkle tenderloin with salt and pepper.
3. Heat oil and butter in a cast iron skillet (or other heavy ovenproof skillet) over high until melted. Sear tenderloin 5 minutes on one side. Turn and cook another 3 minutes on the other side. Place in the oven and set a timer for 10 minutes.
4. In another skillet, combine the oil and butter for the sauce over medium-high heat. Add the onion and cook 5-8 minutes until very soft and slightly browned.
5. Add the broth, preserves, ginger, and mustard and stir to combine. Allow to simmer until the pork is cooked.
6. Check the pork at 10 minutes. The internal temperature should be 155°F. Cook up 20 minutes total until internal temperature is 155°.
7. When the pork is cooked through, remove it from the oven. Place the tenderloin on a cutting board or plate to rest and pour any pan drippings into the apricot sauce.
8. Add the vinegar to the apricot sauce and remove from heat.
9. Allow the pork to rest 5-10 minutes before slicing.
10. Serve with the sauce.