



Maple Dijon Pork Tenderloin with Apple Cider Sauce



Ingredients:

- 1 Pork tenderloin
- Salt and pepper to taste
- 2 tablespoons olive oil
- 1/4 cup maple syrup
- 2 tablespoons Dijon mustard
- 1/2 cup apple cider
- 1/2 cup chicken broth
- 1 tablespoon cornstarch
- 1 tablespoon water
- Fresh thyme for garnish

Method:

1. Preheat oven to 400°F.
2. Season pork tenderloin with salt and pepper.
3. Heat olive oil in an oven-safe skillet over medium-high heat.
4. Sear the pork tenderloin on all sides until browned, about 2-3 minutes per side.
5. Transfer the skillet to the oven and roast for 15-20 minutes, or until the pork reaches an internal temperature of 145°F.
6. In a small bowl, whisk together maple syrup, Dijon mustard, apple cider, and chicken broth.
7. Pour the maple syrup mixture over the pork tenderloin in the skillet.
8. Return the skillet to the oven and roast for an additional 5 minutes, or until the sauce is slightly thickened and the pork is cooked through.
9. Remove the skillet from the oven and transfer the pork to a cutting board. Let it rest for 5 minutes before slicing.
10. In a small bowl, mix cornstarch and water to make a slurry. Add the slurry to the sauce in the skillet and cook over medium heat until thickened, about 2-3 minutes.
11. Slice the pork tenderloin and serve with the apple cider sauce. Garnish with fresh thyme.