











# Honey Garlic Dijon Pork Tenderloin Marinade

This humble cut of meat is tender, juicy and full of flavor with a honey, garlic and Dijon pork tenderloin marinade.

 <b>Course</b>	Main Course
 <b>Cuisine</b>	American
 <b>Keyword</b>	Pork Marinade, Pork Tenderloin, Pork Tenderloin Marinade



5 from 31 votes

 <b>Prep Time</b>	10 minutes
 <b>Cook Time</b>	30 minutes
 <b>Marinating Time</b>	8 hours
 <b>Total Time</b>	8 hours 40 minutes
 <b>Servings</b>	3 - 4 servings
 <b>Calories</b>	294kcal
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## Ingredients

- 1 pork tenderloin (about 1 lb.)
- ½ cup honey
- ½ cup Dijon mustard
- 2 tablespoons soy sauce (or substitute with tamari or coconut aminos for gluten-free option)
- 1 tablespoon minced garlic
- Leaves from 2 sprigs fresh rosemary, minced (can substitute with about ½ teaspoon dried rosemary)
- Leaves from 2 sprigs fresh thyme, minced (can substitute with about ½ teaspoon dried thyme)
- Salt and pepper, to taste

## Instructions

1. In a bowl, whisk together honey, Dijon mustard, soy sauce, garlic, rosemary, and thyme. Season pork on all sides with salt and pepper, to taste.
2. Place pork in a large zip-top plastic bag. Pour half of the marinade over the pork and toss to coat. Seal the bag and refrigerate the pork in the marinade for at least 30 minutes, or up to 24 hours. Rotate the pork occasionally so that the marinade touches all sides.

3. Set aside the remaining ½ of the marinade in a separate bowl, cover, and refrigerate for later.

### TO COOK THE TENDERLOIN IN THE OVEN:

1. Remove pork from the marinade and place in a baking dish that has been coated with cooking spray. Discard bag with the marinade. Allow pork to come to room temperature while you preheat the oven.
2. Preheat oven to 400°F (200°C).
3. Cover with foil and bake for 25 minutes.
4. Remove cover, brush with reserved marinade, and place under the broiler for about 5 minutes (or until a crispy crust forms on top), and pork reaches an internal temperature of 140°F - 145°F.
5. Remove from oven and allow pork to rest for about 10 minutes before slicing. Serve with reserved marinade.

### TO COOK THE TENDERLOIN ON THE GRILL:

1. Remove pork from the marinade and allow to come to room temperature while you heat the grill. Discard bag with the marinade.
2. Heat the grill to medium heat. Place pork on the grill and cover. Cook for about 12-14 minutes, turning every few minutes, until pork reaches an internal temperature of 140°F - 145°F.
3. Allow pork to rest for 10 minutes before slicing. Serve with reserved marinade.

### Notes

- **A single pork tenderloin is typically just 1 lb. of meat**, making it an appropriate amount of food for **2-4 people** (depending on the size of your appetite). If you're feeding a **larger family of 4-5**, I recommend **doubling all of the ingredients** and cooking two tenderloins.
- **Prep ahead** by stirring together the marinade up to 3 days in advance, and marinating the pork overnight. This makes weeknight dinners quicker and easier!
- **Use a meat thermometer** to ensure that your tenderloin is cooked perfectly every single time.
- Enjoy this **simple marinade on chicken or pork chops**, too!

### Nutrition

Serving: 1/4 of the recipe | Calories: 294kcal | Carbohydrates: 37g | Protein: 25g | Fat: 5g | Saturated Fat: 1g | Cholesterol: 73mg | Sodium: 917mg | Potassium: 529mg | Fiber: 1g | Sugar: 35g | Vitamin A: 20IU | Vitamin C: 1.3mg | Calcium: 31mg | Iron: 2mg