

Easy Marinated Pork Tenderloin



This recipe includes a delicious soy, garlic, and honey mustard marinade that's super easy to throw together in a matter of minutes, and guarantees juicy, tender roast pork every time.

By Lori

Cook: 45 mins

Additional: 1 hr

Total: 1 hr 50 mins

Prep: 5 mins

Servings: 3



Ingredients

¼ cup olive oil

¼ cup soy sauce

1 clove garlic, minced

3 tablespoons dijon honey mustard

salt and ground black pepper to taste

2 pounds pork tenderloin

Directions

Whisk together the olive oil, soy sauce, garlic, mustard, salt, and pepper in a bowl. Place the pork loin in a large resealable plastic bag and pour in the marinade. Marinate in the refrigerator at least 1 hour before cooking.

Preheat an oven to 350 degrees F (175 degrees C).

Transfer the pork loin to a baking dish; pour marinade over the pork.

Cook in the preheated oven until the pork is no longer pink in the center, 45 to 60 minutes. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C).

Nutrition Facts

Per Serving: 485 calories; protein 55.5g; carbohydrates 9g; fat 24.7g; cholesterol 168.7mg; sodium 1491.8mg.