



Marinated Grilled Pork Tenderloin

Oscar · 29/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

1 hr 30 mins

Description

This marinated pork loin cooks up nicely on the grill It tastes best when marinated for 24 hours

Ingredients

— - ¼ cup honey - ¼ cup soy sauce - ¼ cup oyster sauce - 2 tablespoons brown sugar - 4 teaspoons minced fresh ginger root - 1 tablespoon ketchup - 1 tablespoon minced garlic - 1 tablespoon chopped fresh parsley - ¼ teaspoon onion powder - ¼ teaspoon cayenne pepper - ¼ teaspoon ground cinnamon - 2 (12 ounce) pork tenderloins

Instructions

1. Make marinade: Whisk together honey
2. soy sauce
3. oyster sauce
4. brown sugar
5. ginger
6. ketchup
7. garlic
8. parsley
9. onion powder
10. cayenne pepper
11. and cinnamon in a medium bowl; pour into a resealable plastic bag. Place pork tenderloins into the bag; coat with marinade
12. squeeze out excess air
13. and seal the bag. Marinate in the refrigerator for at least 1 hour or up to 24 hours. Preheat the grill for medium heat and lightly oil the grate. Remove pork tenderloins from marinade; shake off excess. Discard remaining marinade. Cook pork tenderloins on the preheated grill until no longer pink in the center
14. 20 to 30 minutes
15. turning occasionally. An instant-read thermometer inserted into the centers should read at least 145 degrees F (63 degrees C). Editor's Note: Nutrition data for this recipe includes the full amount of marinade ingredients. The actual amount of marinade consumed will vary.