

Sweet and Sour Pork Tenderloin

Oscar · 29/09/2024



Prep Time

55 mins

Difficult

Medium

Servings

4

Description

I thoroughly enjoyed this plate of florescent food and if youre a fan of the Chinese takeout version I believe you will enjoy this too

Ingredients

- - 1 (1 1/4 pound) pork tenderloin
- trimmed of silver skin - salt and ground black pepper - ? cup ketchup - ? cup seasoned rice vinegar - 1 (8 ounce) can pineapple chunks
- drained with juice reserved - 2 tablespoons brown sugar - 4 cloves garlic
- minced - 2 teaspoons hot chili sauce (such as Sriracha®) - 1 teaspoon soy sauce - 1 pinch red pepper flakes - 1 tablespoon vegetable oil - 1 teaspoon butter - ¼ cup chopped green onion (white part only) - 2 tablespoons chopped green onion tops

Instructions

1. Cut tenderloin into 4 pieces. Arrange in a single layer between two sheets of plastic wrap and pound with a meat mallet until each is about 1-inch thick. Generously season with salt and black pepper. Whisk ketchup
2. rice vinegar
3. reserved pineapple juice
4. brown sugar
5. garlic
6. hot chili sauce
7. soy sauce
8. and red pepper flakes in a bowl. Set aside. Heat vegetable oil in a skillet over high heat. Place pork in pan; reduce heat to medium. Cook until browned on both sides and cooked through
9. 5 to 6 minutes per side. Transfer to a plate. Return skillet to medium heat. Stir butter into hot pan. When butter melts and starts to brown
10. stir in pineapple chunks. Cook
11. stirring
12. until pineapple is golden brown
13. 3 to 4 minutes. Stir in ketchup mixture and 1/4 cup green onion (white parts). Reduce heat to low and simmer until garlic and onion have softened
14. 5 minutes. Return pork to skillet; cook
15. stirring
16. until pork is heated through. Garnish with 2 tablespoons green onion tops. Erin Marie