

Dijon Pork with Apples and Cabbage

Jacob · 28/09/2024



Prep Time

10 mins

Difficult

Medium

Servings

55 mins

Description

A honeymustard marinade gives pork a tangysweet punch Charred cabbage and apple make a crunchy side dish

Ingredients

- - ½ head green or red cabbage
- cored and cut into 1/2-inch-thick wedges - 2 large apples - cored and sliced into thin wedges - 5 tablespoons extra-virgin olive oil divided - 1 ½ teaspoons kosher salt
- divided - ½ teaspoon black pepper
- divided - 2 (16 ounce) pork tenderloins - 1 tablespoon coarse-grain Dijon-style mustard - 2 tablespoons white wine vinegar - 2 teaspoons honey - 1 teaspoon chopped fresh thyme leaves - 1 tablespoon chopped fresh parsley (Optional)

Instructions

1. Preheat oven to 375 degrees F (190 degrees C). Place 1 rack in center position and another 4 inches from broiler. Spray a rimmed sheet pan with cooking spray. Toss together cabbage and apples with 3 tablespoons oil
2. 1/2 teaspoon salt
3. and 1/4 teaspoon pepper on prepared sheet pan and arrange in an even layer. Pat pork dry and season with remaining teaspoon salt and 1/4 teaspoon pepper. Whisk together remaining 2 tablespoons oil with mustard
4. vinegar
5. honey
6. and thyme in a small bowl. Spread over all sides of pork and set pork on top of cabbage and apples. Roast on center rack until an instant-read thermometer inserted into center of thickest part of each tenderloin registers 130 degrees F
7. about 25 minutes. Remove pan from oven and turn oven to broil. When broiler is hot
8. put pan on top rack and broil until pork has a golden-brown crust
9. thermometer registers 145 degrees F
10. and cabbage and apples have a light char
11. about 5 minutes. Cover pan loosely with foil and let pork rest 10 minutes before slicing. Serve pork warm with cabbage and apples
12. sprinkled with parsley (if using). Allrecipes Magazine