

Pork Tenderloin with Apples and Onions

Jacob · 28/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

6

Description

Pork tenderloin with apples and onions is an easy tasty main dish for the family on a weeknight While the pork roasts in the oven steam a veggie side and prepare a quick salad

Ingredients

- - 2 (1 1/2 pound) pork tenderloins - 2 teaspoons vegetable oil - 1 teaspoon sea salt - 2 tablespoons vegetable oil
- divided
- or more as needed - 3 medium Granny Smith apples - peeled
- cored
- and sliced into eighths - 2 medium sweet onions
- sliced vertically - 3 teaspoons chopped fresh thyme
- divided - ¼ teaspoon ground black pepper
- or to taste - 1 tablespoon Dijon mustard - 1 cup chicken stock - 1 tablespoon butter

Instructions

1. Preheat the oven to 425 degrees F (220 degrees C). Trim silver skin from pork tenderloins; pat dry using paper towels. Rub 2 teaspoons vegetable oil over tenderloins
2. then rub with sea salt. Heat 1 tablespoon vegetable oil in a large
3. oven-proof skillet over medium heat until it shimmers. Cook tenderloins in hot oil
4. rotating to brown all sides
5. about 10 minutes. Transfer pork to a large plate. Add remaining 1 tablespoon vegetable oil to any drippings in the skillet. Cook apples and onions in hot oil
6. stirring occasionally
7. until onions turn translucent
8. about 5 minutes; add more oil if the skillet gets dry. Season with 1 teaspoon thyme and black pepper; stir gently to combine. Remove from heat. Use a pastry brush to spread Dijon mustard evenly over tenderloins. Sprinkle with remaining 2 teaspoons thyme. Nestle tenderloins into the skillet with apple mixture. Roast
9. uncovered
10. in the preheated oven until an instant-read thermometer inserted into the center of tenderloins reads at least 145 degrees F (63 degrees C)
11. about 15 minutes. Remove the skillet from the oven and transfer pork to a large platter. Cover with aluminum foil and let rest. Meanwhile
12. pour chicken stock into a saucepan and cook over medium-high heat until reduced by half
13. 8 to 10 minutes. Pour into the skillet with apple mixture. Cook over medium-high heat until boiling
14. about 5 minutes; stir in butter until melted. Slice pork and serve over apple mixture. Recipe Tips The Granny Smith apples will cook down and become a sauce for the pork. If you want the apples to keep their shape
15. use Golden Delicious or another firm cooking apple of your choice. You can reduce chicken stock in a microwave-safe container in the microwave instead of on the stovetop.