



Pressure Cooker Pork Tenderloin

Jacob · 28/09/2024



Prep Time

8 hrs 5 mins

Difficult

Medium

Servings

8 hrs 45 mins

Description

This pressure cooker pork tenderloin is moist and flavorful

Ingredients

- - ¼ cup fresh cilantro leaves - ¼ cup olive oil - ¼ cup lime juice - 2 cloves garlic
- sliced - ½ teaspoon red pepper flakes
- or to taste - ¼ teaspoon salt
- or to taste - 1 pound pork tenderloin - ¾ cup chicken broth - ¼ cup lemon juice

Instructions

1. Blend cilantro
2. olive oil
3. lime juice
4. garlic
5. red pepper flakes
6. and salt in a blender until smooth; pour into a large resealable plastic bag. Add pork tenderloin to the bag and manipulate to coat with marinade. Remove as much air from the bag as possible before sealing. Marinate in the refrigerator
7. 8 hours to overnight. Stir chicken broth and lemon juice together in the bottom of a pressure cooker. Lay tenderloin into liquid in the slow cooker; pour remaining marinade from the bag over tenderloin. Seal and lock pressure cooker and cook over high heat to build pressure until the indicator sounds. Reduce heat to medium and cook for 25 minutes. Remove from heat and let stand for 5 minutes. Run under cold water to help release the pressure before unsealing the lid. Slice tenderloin into medallions to serve.