

Curried Pork Tenderloin with Cranberry Chutney

This sweet and tart cranberry chutney adds a delicious seasonal twist to this holiday meal.

Ingredients

Servings: 4

- 1 lb. pork tenderloin (all visible fat discarded)
- 1 Tbsp. curry powder
- 2 tsp. olive oil (extra virgin preferred)
- 1 cup whole-berry cranberry sauce
- 1 1/2 tsp. grated, peeled gingerroot
- 1/2 tsp. grated orange zest
- 1/4 tsp. ground cinnamon
- 1/8 tsp. ground cloves

Directions

1. Preheat the oven to 425°F. Line a small, rimmed baking sheet with aluminum foil. Set aside.
2. Sprinkle the pork on both sides with the curry powder. Using your fingertips, gently rub the curry powder into the pork.
3. In a large nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the pork for 5 to 6 minutes, or until browned, turning once halfway through. Transfer to the baking sheet.
4. Roast for 20 to 25 minutes, or until the pork registers 150°F on an instant-read thermometer or is slightly pink in the very center. Transfer the pork to a cutting board. Let stand, loosely covered, for about 10 minutes. The pork will continue to cook during the standing time, reaching about 160°F. Slice the pork.
5. Meanwhile, in a small bowl, stir together the chutney ingredients. Set aside until serving time. Serve with the pork.

Quick Tips

Cooking Tip: Because pork tenderloin roasts very quickly, it usually doesn't have a chance to become golden brown in the oven without becoming overcooked. In this recipe, we solve that problem by browning the pork first, then roasting until it is an attractive color but still moist.

Tip: Serving size 3 ounces pork and 1/4 cup chutney

Nutrition Facts

Calories
250 Per Serving

Protein
24g Per Serving

Fiber
2g Per Serving

Nutrition Facts	
Calories	250
Total Fat	5.0 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	2.5 g
Cholesterol	74 mg
Sodium	76 mg
Total Carbohydrate	27 g
Dietary Fiber	2 g
Sugars	17 g
Protein	24 g

Dietary Exchanges

2 other carbohydrate, 3 lean meat

References

1. American Heart Association. 2024. Web Address: <https://recipes.heart.org/en/recipes/curried-pork-tenderloin-with-cranberry-chutney>