

# Pineapple Ginger Pork Tenderloin

Recipe makes 6 servings, each serving is:

315  
kcal

11 g  
fat

20 g  
carbs

34 g  
protein

## Ingredients

- 2-3 pork tenderloins
- 1/2 fresh pineapple, sliced
- 1 Tbsp maple syrup
- Oil spray

### Pineapple Ginger Sauce

- 1/4 c. pineapple juice
- 2 Tbsp Hoisin sauce
- 1 Tbsp each of minced ginger & garlic
- 1 Tbsp soy sauce
- 1 tsp sesame oil
- Salt & pepper

## Directions

1. Preheat an oven to 400 degrees F.
2. Combine the pineapple ginger sauce ingredients in a mason jar and shake well to combine.
3. Marinate the pork for with about 3/4 of the sauce for ~60 minutes.
4. Slice half a pineapple and add to a parchment lined baking sheet. Give them a light oil spray and light drizzle of maple syrup. Cook in the oven for ~10-15 minutes (flipping half way). You want these to get some nice browning, but not to dry out.
5. Bake the pork tenderloin in the oven for ~ 10 minutes. Re coat the pork tenderloin with the other 1/4 of the sauce. Continue to bake for ~5-10 more minutes until the internal temp of the pork reaches 155 degrees F.
6. Let the pork rest for a few minutes. Slice and drizzle over with the sauce at the bottom of the sheet pan.
7. Eat the pork slices with the pineapple for a delicious combo of flavours!

**THE NUTRITIONIST**

