



Grilled Pork Tenderloin with Chimichurri

Makes: 10 servings

Prep Time: 10 minutes Grill Time: 20 minutes

Total Time: 30 minutes

Ingredients

Tenderloin:

- 2 & 1/2 pounds pork tenderloin, fat trimmed
- 1 tbsp brown sugar
- 1 tbsp kosher salt
- 1 tbsp paprika
- 2 tsp freshly cracked black pepper
- 1 tbsp garlic powder

- vegetable oil (olive, grapeseed, avocado)

Chimichurri Sauce:

- 1 small shallot cut into wedges
- 3/4 cup flat-leaf parsley, stems removed
- 1 tbsp fresh oregano, stems removed
- 2 garlic cloves
- 1 & 1/2 tsp kosher salt
- 1 tsp freshly ground black pepper
- 1/2 tsp red pepper flakes
- 3/4 cup extra virgin olive oil
- 1/4 cup red wine vinegar, plus more to taste

Instructions

In a bowl whisk together the brown sugar, salt, paprika, pepper and garlic powder. Rub the tenderloin with the seasoning until evenly coated.

To cook the tenderloin in the oven:

Preheat oven to 400°F, with the rack in the middle. In a large oven-proof or cast iron skillet, heat 1-2 tablespoons oil over medium heat. Add the tenderloin to the pan and cook until it is evenly browned on all sides (5-6 minutes).

Place the pan in the preheated oven and bake for 15 more minutes, flipping the meat once halfway through. Bake until the internal temperature reads 145° F.

Transfer the pork to a cutting board and let it rest for at least three minutes. Slice and serve.

To cook the tenderloin on the grill:

Heat grill or grill pan to medium-high heat. Brush the grates with a little oil. Grill the pork, turning occasionally with tongs, until lightly charred on all sides and a thermometer inserted into the thickest part of the tenderloin reads 145°F, about 20 minutes. (For larger tenderloins, bake in a 400°F oven for 15 to 25 minutes more, until a thermometer inserted into the thickest part of the tenderloin reads 145°F.)

Transfer the pork to a cutting board and let it rest for at least three minutes.

Slice and serve with Chimichurri Sauce.

Chimichurri Sauce:

In a small food processor pulse the shallot, parsley, oregano, garlic cloves, kosher salt and pepper until combined, but still able to see the ingredients clearly (slightly chunky).

In a small bowl add the red wine vinegar, olive oil and the red pepper flakes to the parsley mixture. Stir until combined.

Chef's Notes:

This sauce will store in refrigerator for up to two weeks.

Recipe make about 1 & 1/4 cups of chimichurri sauce.

Recipe from The Modern Proper