



## Grilled Pork Tenderloin with Tomato Salad and Fresh Mint

### Ingredients:

- 2 pork tenderloins, about 1 pound each
- 3 tablespoons curry powder
- 1 tablespoon ground cumin
- Juice of 1/2 lime
- 1/4 cup extra-virgin olive oil
- 1/4 teaspoon sea salt
- 1/4 teaspoon freshly ground pepper

### Tomato Salad:

- Juice of 1 lime
- 1/4 cup extra-virgin olive oil
- 1/2 teaspoon sea salt
- 1/2 teaspoon freshly ground pepper
- 1 fresh jalapeno chile, including seeds, cut into paper-thin rounds
- 2 1/2 pounds firm but ripe heirloom tomatoes\*, quartered
- 1/2 small red onion, cut into paper-thin wedges
- 1/3 cup loosely packed fresh mint leaves

Makes: 8 servings.

Prep Time: 2 hour

Cook Time: 30 minutes



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### Directions:

1. In a small bowl, stir together curry powder, cumin, lime juice, olive oil, salt and pepper to make a paste.
2. Place pork in a small glass baking dish and spread paste over tenderloins to cover completely.
3. Cover and refrigerate for 2 hours.
4. Meanwhile, make the tomato salad. In a small bowl, combine lime juice, olive oil, salt, pepper and jalapeno. In a large bowl, combine tomatoes, red onion and mint.
5. Stir dressing and pour it over the tomato mixture. Mix gently to combine. Cover and set aside at room temperature until ready to serve.
6. When you're ready to cook, remove pork from the refrigerator
7. Preheat grill to medium-high heat.
8. Carefully lightly oil the cooking grids.

Makes: 8 servings.

Prep Time: 2 hour

Cook Time: 30 minutes



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- Put the pork on the grill and cook, turning to brown all sides, for 15 to 20 minutes until the center is rosy and the internal temperature reads 160°F. when tested with an instant-read thermometer.
- Transfer to carving board and allow to rest for 5 minutes.
- To serve, slice pork tenderloin on a slight bias into 1-inch thick pieces and arrange on warmed dinner plates. Toss salad and pile tomato salad on the side.

Makes: 8 servings.  
Prep Time: 2 hour  
Cook Time: 30 minutes



### Serving Suggestions

A perfect summer pairing—grilled, succulent pork tenderloin bursting with curry flavor and a lively tomato salad. Use a combination of heirloom tomatoes if you like; pick different colors—purple, yellow, and bright green to dazzle the plate. If desired, lay some fresh spinach leaves under the pork to add some contrasting color and complete the entrée.

*Recipe courtesy of the National Pork Board.*

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