



Cuban Pork Tenderloin (Hero Recipe)

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Prep Time: 5 minutes

Cook Time: 20 minutes

Marinating Time: 30 minutes

Servings: 6



FOR ROASTS, CHOPS and TENDERLOINS

Cook to 145 F with 3-minute rest

Ingredients

- 1 1/2 pounds pork tenderloin, trimmed
- 1/4 cup orange juice, fresh
- 1/4 cup grapefruit juice, fresh
- 2 tablespoons cilantro, chopped
- 1 teaspoon cumin
- 1 teaspoon dried oregano
- 2 cloves garlic, finely chopped
- 1/2 teaspoon kosher salt
- 1/2 teaspoon red pepper flakes

Cooking Directions

Using thin knife, trim silver skin from tenderloin. Mix orange juice, grapefruit juice, cilantro, cumin, oregano, garlic, salt, and hot pepper in gallon-sized zip-top plastic bag. Add pork, close, and refrigerate for at least 30 minutes and up to 4 hours. Meanwhile, make [Rice and Black Bean Salad](#).

Prepare outdoor grill for direct medium-hot grilling. For a gas grill, preheat grill on high. Adjust temperature to 400°F. For a charcoal grill, build fire and let burn until coals are covered with white ash. Spread coals and let burn for 15-20 minutes.

Lightly oil cooking grate. Remove pork from marinade, drain briefly, but do not scrape off solids. Place on grill and cover grill. Cook, turning occasionally, until browned and instant-read thermometer inserted in center of pork reads 145 degrees Fahrenheit, about 20-27 minutes. Transfer to carving board and let stand 3-5 minutes. Cut on slight diagonal and serve with rice and black bean salad.

Yields 6 servings.



Serving Suggestions

Serve with [Rice and Black Bean Salad](#) and your favorite cold beverages.

Nutrition Information

Calories: 140 calories

Protein: 24 grams

Fat: 3 grams

Sodium: 220 milligrams

Cholesterol: 75 milligrams

Saturated Fat: 1 grams

Carbohydrates: 3 grams

Fiber: 0 grams