

CARIBBEAN PORK LOIN



Ingredients:

- 1 whole pork tenderloin (about 1 ¼ lbs)
- 2 Tbsp Olive Oil
- 1 Tbsp Nature's Wonderland Caribbean Spice Rub
- ½ tsp Kosher Salt
- Lime wedges, Red bell pepper slices, and fresh cilantro sprigs for garnish

Preparation:

- 1. Remove excess fat and silver skin from pork tenderloin
- 2. Coat the pork with olive oil and coat with the Caribbean Spice Rub and Kosher Salt
- 3. Let marinate in refrigerator 2 hours

Serves 4

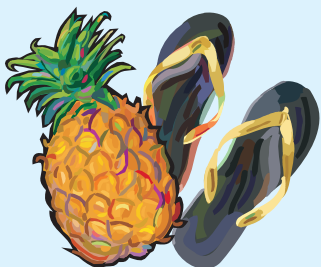


For the Grill:

- 1. Preheat the grill to medium.
- 2. Place the pork loin on the grill and cook for 5 minutes. Rotate the pork and cook for another 5 minutes. Rotate once more and cook for a final 5 minutes. Make sure the pork is evenly browned on all sides.
- 3. Remove the pork from the grill and place it in a small grill-proof roasting pan.
- 4. Place the roasting pan directly on the grill, close the lid of the grill, and cook for 15 to 20 minutes, until the pork reaches an internal temperature of 140 degrees. (Take care not to overcook it.)
- 5. Remove the pork from the grill. Allow the pork to rest for 7 to 10 minutes before slicing. Serve the pork thinly sliced. (Great with Grilled Pineapple!)

For Oven:

- 1. Preheat the oven to 350°F
- 2. Heat large sauté or grill pan over high heat. Place pork in the hot pan and sear. Turn every 20 seconds or so to brown all sides evenly.
- 3. Transfer seared tenderloin to an ovenproof pan and roast, uncovered in the oven for about 35-40 minutes
- 4. Remove from the oven and let the pork rest for 5 minutes before slicing. (This allows the flavor to develop and the meat won't lose its juices when you slice it!)
- 5. To serve: slice the pork into 3/8 inch pieces. Arrange on plate with lime wedges, pepper slices and cilantro. Enjoy!
- 6. For extra island flair, serve with fresh mango and avocado salsa!



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