



**serving size:** 4 | **prep time:** 2 hours | **cook time:** 35 minutes | **cut:** pork tenderloin | **method:** grill

## grilled pork tenderloin and vegetables

Hot off the grill — a mouthwatering dish that's sure to impress. Juicy pork tenderloin and grilled vegetables create a classic combo and the perfect go-to for any occasion.

### INGREDIENTS:

- 2 pounds *Chairman's Reserve*® Pork Tenderloin
- 4 tablespoons extra virgin olive oil, divided
- 12 small carrots with tops, washed and dried
- 8 spring onions, washed and dried 12-18 thin asparagus spears, washed and dried
- 1 lemon, halved
- 2 heaping cups watercress, arugula or any spring salad greens mix, washed
- 1 tablespoon chives, thinly sliced
- 1 tablespoon tarragon leaves, torn or chopped
- 1 tablespoon Italian parsley, torn or chopped

### CORIANDER RUB:

- 1 tablespoon kosher salt
- 1 tablespoon freshly ground black pepper
- 2 teaspoons freshly ground coriander seed
- 1 teaspoon granulated garlic

### DIRECTIONS:

1. Mix all ingredients for Coriander Rub together and store in an airtight container until ready to use.
2. Brush all sides of pork tenderloin with 1 tablespoon of olive oil. Evenly season all sides of the pork with one tablespoon of Coriander Rub and refrigerate for 2 hours.
3. Coat carrots, spring onions, and asparagus with 2 tablespoons of olive oil and season with 1 tablespoon of Coriander Rub and refrigerate until tenderloin is ready.
4. Heat a grill to 400°F using a direct grilling setup.
5. While the grill is heating, remove the tenderloin and vegetables from refrigerator and allow to come to room temperature.
6. Place lemon halves cuts side down over the hot coals and cook for approximately 5 minutes or until the lemon halves have a nice char. Remove to cool.
7. Place the seasoned pork tenderloin over the hot coals or burner. Using tongs rotate the meat every 3 to 5 minutes and cook until a meat thermometer placed in the thickest part of the pork tenderloin reads an internal temperature of 140°F (about 15 minutes). Remove the loin from the heat and let it rest 10 minutes.
8. While the pork is resting, place seasoned carrots, onion and asparagus onto the hot grill to cook. (NOTE: The grill should still be hot, so the vegetables get a nice char quickly, without over cooking.) Grill for approximately 3 to 4 minutes and then turn them and cook for another 3 to 4 minutes. Remove to a plate.
9. Prepare Watercress: Toss the salad greens in remaining 1 tablespoon of olive oil, the juice of 1 half of charred lemon, and 2 teaspoons of Coriander Rub.
10. Slice tenderloin into ¼-inch medallions. Place grilled vegetables and tenderloin medallions on a platter, garnish with herbs and juice of remaining lemon half. Serve with Spring Greens Salad on the side.

*Recipe Courtesy of Pitmaster Tuffy Stone*

**servings:** ¼ | **calories:** 490 | **total fat:** 23g | **sodium:** 1290mg | **total carbohydrate:** 20g | **protein:** 51g