

**FAST & FRESH** *dinner in less than 40 minutes*

## **Mustard-Roasted Pork Tenderloin With Quick Apricot Chutney**

*This recipe is easy to prepare and serves up to eight guests for a simple Easter supper.*

### **INGREDIENTS:**

- ☐ 1 cup diced dried apricots
- ☐ 1 cup white wine,  
such as an off-dry Riesling
- ☐ 3 tablespoons stone-ground  
mustard
- ☐ ½ teaspoon dried thyme
- ☐ 2½ pounds pork tenderloin,  
trimmed
- ☐ Salt and pepper to taste
- ☐ 2 teaspoons vegetable oil
- ☐ 2 cups thinly sliced  
spring onions, white part only  
(or the whites from green  
onions or leeks)
- ☐ ½ teaspoon ground  
ginger
- ☐ ½ cup chicken broth
- ☐ 2 teaspoons dark brown  
sugar, or to taste
- ☐ 2 teaspoons sherry vinegar,  
or to taste

**INSTRUCTIONS:** Preheat the oven to 400°. Combine the apricots and wine. Set aside to macerate.

Combine the mustard and thyme in a small bowl.

Trim off fat and silverskin from the tenderloins.

Season the pork well with salt and pepper, then spread the mustard over the pork.

Place the pork in a baking pan, tucking the thin end under to create a roast of even thickness.

Place in the oven and roast for 25 minutes, or until the pork reaches 137° (medium-rare) on a meat thermometer.

Transfer the pork to a platter and tent with foil. Let rest for about 5 minutes before carving.

Meanwhile, heat the oil in a skillet. Add the onions and ginger and sauté for a few minutes, until the onions are tender.

Drain the apricots and add them to the skillet, along with ¼ cup of the soaking wine, the broth, brown sugar and vinegar. Simmer gently for 10 to 15 minutes, or until the mixture has come together and most of the liquid has evaporated. Season with salt and pepper.

Slice the tenderloins and add the juices to the apricot chutney. Serve on warmed plates.

Serves 6 to 8

**PER SERVING:** 270 calories, 31 g protein, 18 g carbohydrate, 6 g fat (2 g saturated), 84 mg cholesterol, 152 mg sodium, 2 g fiber.