

Reckless In The Kitchen

Roasted Pork Tenderloin with Apples and Onions

[adapted from Cooking Light Magazine](#)

Ingredients:

- 1 1/2 tsp olive oil
- salt
- pepper
- 1 lb pork tenderloin
- 1 1/2 c frozen pearl onions, thawed
- 2 Gala apples
- 2 tsp fresh thyme leaves
- 1/2 c chicken stock
- 1/2 tsp flour
- 1 tsp cider vinegar

Directions:

Preheat oven to 425 degrees. Heat an oven-proof skillet to medium high heat. Add 1 1/2 tsp of oil to the pan and swirl to coat. Coat the pork with salt and pepper and add to the hot pan. Brown the sides of the pork for 4 minutes, turning so that all sides are browned.

After browning the pork put the pork in the oven and cook for 20-25 minutes. The thickest part of the pork should be 145 degrees. The pork can also be tested for doneness by making a small cut in the middle of the pork loin and checking that the juices run clear rather than cloudy.

While the pork is cooking; thinly slice the apples. Next pour the chicken broth into a liquid measuring cup and dissolve the flour in the broth using a whisk or fork, set aside

When the pork is done, remove it from the pan and let it rest on a plate.

Using the same pan that the pork was cooked in, saute the onions and apples over medium high heat for 2 minutes or until the onions are browned and the apples are cooked. Next add the broth and fresh thyme to the pan and bring to a boil scraping up the brown bits from the bottom of the pan. Cook until the broth is reduced to 1/4 c (about one minute).

Stir in vinegar and butter and remove from heat. Finally, cut the pork loin into slices and serve with the apple and onion sauce.