



Tenderloin with rosemary and garlic marinade

Recipe for 4

Ingredients

1 cup of orange juice
1/3 cup soy sauce
2 tablespoons of rosemary
3 teaspoons of garlic
Pork tenderloin

Instructions

Make the orange marinade by whisking together orange juice, soy sauce, 2 tablespoons rosemary, and 3 teaspoons garlic. Pour over pork tenderloin and marinade for at least one hour, preferably overnight.

Preheat oven to 205 degrees C (400 degrees F). Drain pork reserving the marinade, and place on a baking sheet. Season with salt and pepper to taste. Roast for about 20 minutes until internal temperature has reached 70 degrees C (400 degrees F).

Meanwhile, strain the reserved marinade and bring it to a simmer in a small saucepan. Serve this as a sauce for the meat.

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