



## Roasted Pork Tenderloin with Mango Chutney

### U.S.

*For the chutney:*

2 each	Mango, peeled and medium dice
1 Tbsp	Honey
1/4 cup	Red Onion, small dice
1/4 cup	White Vinegar
1/2 cup	Red Bell Pepper, small dice
1 Tbsp	Ginger, fresh, grated (or 1/2 tsp ground)
1/8 tsp	Turmeric, ground
2 each	Cloves, whole
To taste	Black Pepper, ground
1/4 tsp	Salt, kosher
1/2 cup	Orange Juice
1/8 tsp	Red Pepper Flakes

### Metric

2 each
15mL
40g
60mL
80g
9g
0.5g
2 each
To taste
1.5g
120mL
0.5g

*For the roasted pork tenderloin:*

1 each	Pork Tenderloin, trimmed	1 each
1 Tbsp	Olive Oil	15 mL
1/8 tsp	Kosher Salt	0.75g
To taste	Black Pepper, ground	To taste

### **Preparation:**

*For the chutney:*

1. Gather all ingredients and equipment.
2. Combine all ingredients in a deep heavy sauce pot.
3. Cook, uncovered, until it begins to simmer gently and continue to cook until thickened, about 10 minutes. Remove whole cloves.
4. Place chutney in small bowl, cover, and set aside.

*For the pork tenderloin:*

1. Preheat oven to 400°F.
2. Evenly coat the pork tenderloin with the olive oil on all sides.
5. Place the pork on a foil-lined sheet tray and place in the oven for 20-30 minutes, until it reaches an internal temperature of 145°F.
6. Remove from oven and allow to rest for 5 minutes. Slice the meat into 1/4 inch slices and serve with a 1/4 cup of the mango chutney on top.

**\*\*Nutrition Facts on Reverse**

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**Nutrition Facts****Serving size** 4 oz pork, 1/4 cup  
**Servings** chutney  
4**Calories** 290  
Calories from Fat 70Total Fat 7 g  
Saturated Fat 2 g  
Trans Fat 0 g  
Monounsaturated Fat 4 g  
Cholesterol 110 mg  
Sodium 210 mg  
Carbohydrates 19 g  
Dietary Fiber 2 g  
Sugars 17 g  
Protein 37 gVitamin A 25 %  
Calcium 2 %  
Vitamin C 80 %  
Iron 10 %  
Phosphorus 438 mg

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