



## Orange Glazed Pork Tenderloin Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>18</b>
<b>Serving Size</b>	<b>10</b>

### Ingredients:

- 750 g pork, lomo/tenderloin
- 1/4 tsp salt
- 1/4 tsp pepper, black
- 1 pack DEL MONTE Quick 'n Easy Sweet & Sour Mix (57g), dissolved in 1 cup of water
- 1/4 cup orange marmalade
- 1 Tbsp butter

### Preparation:

1. Season pork with salt and pepper. Brown the pork evenly on all sides.
2. Add the dissolved DEL MONTE Quick 'n Easy Sweet & Sour Mix. Cover the pan and simmer until the pork is cooked.
3. Add the orange marmalade and butter. Simmer for 3 minutes.

### Chef's Tip

Do not overcook the pork. Pork tenderloin is a lean cut of meat and will dry out when overcooked.

### Lusog Notes

This dish is a source of vitamins A and B1. Vitamin A is great for the skin and for stronger immunity while vitamin B1 supports normal growth and helps the body in converting food to energy.

### Cooking Skills Needed

- Slicing

### Cooking Tools

- Chopping Board
- Wok