

Hawaiian Pork Tenderloin with Pineapple

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Pork tenderloin recipes are some of my favorites and this simple Hawaiian pork with pineapple is dynamite. The recipe reminds me of our visit to a large pineapple plantation on Oahu Island. The recipe is very easy and quick to make; it really packs a flavor punch.

Ingredients

- 1 pound pork tenderloin, cleaned and cut into ¼ inch medallions
- 3 tablespoons of light Soya sauce
- 3 tablespoons of sesame oil
- ½ fresh Hawaiian pineapples, peeled, quartered and cut into ¼ inch slices
- 4 garlic cloves, germ removed and finely chopped
- 3 tablespoons of finely chopped coriander leaves
- 2 tablespoons of finely chopped mint leaves
- Salt and freshly ground peppercorn

Preparation Time	15 min	Difficulty	Very simple
Portions	4 servings	Yield	
Country/Region	United States of America		
Vegetarian	No		

Preparation

Place the meat in a bowl along with the soya sauce and sesame oil, mix well. Cover with plastic food wrap, and reserve for 30 minutes in the refrigerator.

Heat a large skillet or wok on high heat. Add the meat without the marinade and brown the meat for a couple minutes on each side. Add the chopped garlic, and cook for an extra minute. Add the pineapple, and chopped fresh herbs and sauté for four more minutes or until the meat and pineapple is golden. Season lightly with salt and pepper. Serve hot immediately garnished with a few coriander and pineapple leaves.

Serve with a Gewurztraminer.

Notes

No Description available