



Fig & Balsamic Glazed Pork Tenderloin



Serves 3-4



30-40 Minutes

INGREDIENTS

- **Pork tenderloin:** 1 to 1.5 lbs, trimmed of silver skin
- **Fig jam or spread:** 1/3 cup (like Dalmatia or Bonne Maman)
- **Balsamic vinegar:** 3 tablespoons
- **Olive oil:** 1 tablespoon
- **Garlic:** 2 cloves, minced
- **Salt and black pepper:** To taste
- **Fresh rosemary or thyme:** 1 teaspoon, finely chopped (optional)

DIRECTIONS

1. **Preheat** your oven to 375°F.
2. **Make the glaze:** In a small bowl, mix the fig jam, balsamic vinegar, minced garlic, and rosemary. Set half aside for serving later.
3. **Season the pork:** Pat the pork dry with a paper towel. Rub it with olive oil, salt, and pepper.
4. **Sear the meat:** Heat an oven-safe skillet (like cast iron) over medium-high heat. Sear the pork on all sides until nicely browned, about 4 to 6 minutes.
5. **Glaze and roast:** Brush half of the fig-balsamic glaze generously over the seared pork. Transfer the skillet to the oven.
6. **Bake:** Roast for 15 to 20 minutes, or until an instant-read meat thermometer inserted into the thickest part reads **145°F**.
7. **Rest and slice:** Remove the pork from the oven. Cover it loosely with foil and let it rest for 10 minutes. Slice into thick medallions and drizzle with the reserved glaze.