

Instant Pot Simple Asian & Latin Pork Tenderloin

MAKES 12 SERVINGS

Courtesy of Chef Bill Kim of Chicago's BellyQ and UrbanBelly and modified for the Instant Pot

Submitted by Hanna Bartels

Ingredients

For the Marinade (yields 1 ½ cups)

- 2 tablespoons sweet paprika
- 2 tablespoons dried oregano
- 2 tablespoons dark chili powder
- 2 tablespoons curry powder
- ½ cup distilled white vinegar
- 15 cloves garlic, minced
- ½ cup olive oil
- 1 tsp. kosher salt

For the Pork Tenderloins

- 3 lbs boneless pork tenderloin
- 1 ½ cups marinade



Directions for the Marinade

1. Combine all dried ingredients in a medium size bowl (or gallon Ziploc bag).
2. Add minced garlic, vinegar and olive oil.

Directions for the Tenderloins

1. Place the pork loin in a large shallow dish (or Ziploc bag). Pour the marinade over and turn to coat evenly. Cover and marinate in the refrigerator for at least 2 hours but if you have time, let it marinate overnight.
2. Remove the shallow dish or Ziploc bag with pork from the refrigerator for 20 minutes or until room temperature.
3. Place pork in Instant Pot with marinade and set valve to Sealing.
4. Press Manual/Pressure Cook and adjust the time to 21 minutes (or approximately 7 minutes per 1 lb of pork tenderloin for medium rare meat or an internal temperature of 145°F. Increase cooking time to 30 minutes to cook pork tenderloin medium or to an internal temperature of 160°F).
5. Quick release the pressure when the cooking time is complete.
6. Transfer the pork to a cutting board and let rest for 20 minutes. Cut the pork loin against the grain into thin slices.

(To cook in the oven, preheat to 375°F and cook 45 minutes to an hour or until internal temperature of the pork loin is 145°F).

NUTRITION FACTS

Per Serving (4 oz.): 223 calories, 13g fat, 4g sat. fat, 325mg sodium, 3g carbs, 1g fiber, 24g protein