

## ***Karen's Seville Orange Pork Tenderloin***

*Karen writes that she usually serves this beside roasted veggies.*

### **Ingredients:**

1 pork tenderloin  
2 tbsp (30 ml) orange marmalade  
1 tsp (5 ml) Dijon mustard  
1 tsp (5 ml) chopped fresh rosemary or 1/2 tsp (2 ml) dried rosemary  
Pinches of salt and black pepper

### **Directions:**

Preheat oven to 425F (225C).

Line a baking sheet with foil. Lightly coat with vegetable oil. Place pork in centre.

In a small bowl, stir marmalade with Dijon and rosemary. Smear over pork. Sprinkle with salt and pepper.

Roast in centre of oven until glazed and a thermometer inserted in centre of meat reads 155F (70C). 30 to 35 minutes. Remove from oven and let stand 5 minutes before slicing.