

Pork Tenderloin Marinade



5 from 229 votes

This Pork Tenderloin Marinade is quick, easy and so flavorful! It's great for summer grilling, but works just as well in the oven or on the stove.

Prep Time	Cook Time	Resting	Total Time
5 mins	25 mins	1 hr	1 hr 30 mins

Course: Main Course Cuisine: American Difficulty: Easy Servings: 8 servings

Author: [Nora from Savory Nothings](#)

Ingredients

Marinade

- ¼ cup olive oil
- 2 tablespoons soy sauce
- 2 tablespoons honey mild and runny preferred
- 2 tablespoons Dijon mustard either smooth or whole-grain, or a mix of both
- 1 tablespoon brown sugar
- 1 tablespoon lemon juice fresh or bottled are both fine
- 1 teaspoon Worcestershire sauce
- 2 cloves garlic minced
- 1 tablespoon chopped parsley
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ground black pepper to taste

Pork

- 1 sprig fresh rosemary
- 2 ½ pounds pork tenderloin

Instructions

1. **Make marinade:** Combine ingredients for marinade in a measuring jug. Whisk well.
2. **Add pork:** Place pork tenderloin in freezer bag and pour marinade on top. Close bag well, then lightly massage marinade into pork.
3. **Marinate:** Marinate in the fridge for at least 1 hour, and up to 3 days.°F.
4. **Cook:** Remove pork tenderloin from bag, discarding marinade, rosemary and bag. Cook tenderloin on the grill or in oven until cooked to a minimum temperature of 145°F, followed by a 3 minute rest (see cooking instructions in notes below). Slice to serve.

Notes

- If using dried herbs, use ½ teaspoon dried parsley and ¼ teaspoon dried rosemary in place of the fresh.

- Pork tenderloin can be frozen in marinade for up to 5 months. Defrost in the fridge overnight, then prepare as directed in the recipe.

Oven instructions:

Sear tenderloin on stove in an oven-safe skillet over high heat for 1-2 minutes per side. Then, transfer to a 400°F oven and bake for 20-25 minutes, or until it reaches your preferred internal temperature.

Alternatively, use a Dutch oven with a lid, or wrap the pork tenderloin in foil. Bake at 350°F for around 40-45 minutes, or until done to your liking.

Grilling instructions:

Grill pork tenderloin over high direct heat, covered, for 5-7 minutes per side. Then, move to indirect heat and finish grilling until it reaches your desired internal temperature.