

# Grilled Pork Tenderloin with Charred Chimichurri

This recipe is really all about the chimichurri which also goes well with fish, chicken, grass-fed beef or even shrimp. It works well with vegetable and halloumi kebabs for vegetarians and would even pair well with tempeh for vegans. It's so versatile! As always, when you choose animal proteins, aim for an ethical source. We stock an amazing organic pork tenderloin!

The fresh herbs in this recipe pack a punch in terms of flavour but also in terms of their antioxidant content. Antioxidants are important for your immune system and heart health - and they also help prevent premature ageing too.

PREP	COOK	TOTAL	SERVING
30mins	30mins	1hr	6

2 pork tenderloins cleaned of any silver skin or sinew	2 tablespoons finely chopped fresh chives
1/2 cup light olive oil plus more for brushing on pork	2 tablespoons finely chopped fresh parsley
Kosher salt and freshly cracked black pepper	2 tablespoons finely minced shallots
2 bunches scallions	1 teaspoon finely minced garlic
1/4-1/2 cup sherry vinegar	1/4 cup whole-grain mustard

Preheat a grill or grill pan to medium-high heat. Preheat the oven to 450F.

Brush the pork tenderloins with a little light olive oil and sprinkle with salt and pepper. Grill until well-marked on all sides, about 8 minutes total.

Meanwhile, lightly dress the scallions with 1 tablespoon of the olive oil and season with salt and pepper. Grill until charred and wilted, flipping as needed. Chop the scallions really well and add to a bowl with the remaining olive oil. Fold in the sherry vinegar, chives, parsley, shallots and garlic. Set aside.

Transfer the pork to a baking sheet and brush with the mustard. Roast until the internal temperature reaches 145F (approx 20 minutes.) If you prefer to keep the tenderloin on the grill, then move it to a shelf away from the direct heat and cook with the lid closed until you reach 145F. Allow the pork to rest for 10 minutes before slicing.

Serve the chimichurri on the side or on top of the sliced pork.

 approved recipe

