

Spice-Rubbed Pork Tenderloin with Creamy Polenta



FROM THE KITCHEN OF
DEBBIE MACOMBER

A sweet and smoky rub makes big flavor on this Spice-Rubbed Pork Tenderloin. Served over a fast creamy polenta, this weeknight meal comes together very quickly.

Ingredients

Pork:

1 ¼ teaspoons light brown sugar
¾ teaspoon kosher salt
½ teaspoon ground black pepper
½ teaspoon paprika
½ teaspoon chili powder
½ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon ground mustard
¼ teaspoon cumin
4 teaspoons olive oil, separated
1 to 1.25 pound pork tenderloin

Directions

Preheat oven to 425°F.

In a small bowl, whisk together the brown sugar, salt, pepper, chili powder, garlic powder, onion powder, ground mustard, and cumin until combined. On a parchment-lined baking sheet, rub tenderloin with 2 teaspoons of the oil. Sprinkle seasonings all over meat until coated.

Heat the remaining 2 teaspoons oil in a nonstick skillet over medium heat, then add tenderloin and sear on all sides for about 3 minutes, turning every 30 seconds so the sugar doesn't burn. Place back on the parchment paper and bake for 18 – 22 minutes, until a meat thermometer inserted in the center reads 145°F. Remove from the oven, loosely cover with foil, and let rest for 10 minutes before slicing.

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Ingredients Continued...

Polenta:

- 2 cups water
- 2 cups whole milk
- 1 cup polenta (also known as corn grits)
- 1 cup grated Parmesan cheese
- 2 tablespoons unsalted butter
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper

Directions Continued...

To make the polenta, bring water and milk to a simmer in a 2 quart saucepan over medium-high heat, whisking occasionally. Whisk in the polenta, then turn heat down to medium. Return to a simmer, and cook for 4 to 5 minutes, stirring occasionally, until thickened and all liquid is absorbed. Remove pan from heat and stir in the cheese, butter, salt and pepper. Season to taste and add more liquid for desired consistency.

Serve sliced tenderloin over polenta with any accumulated juices.