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# Veterans-For-Change

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## Apple-and-Fennel Roasted Pork Tenderloin

Prep Time: 15 mins Cook Time: 1 h

Total Time: 1 h 15 mins

### **Ingredients**

2 large apple, red, tart-sweet, such as Fuji or Braeburn, sliced

- ➤ 1 large fennel bulb(s), trimmed, cored and thinly sliced, plus 1 tablespoon chopped fronds for garnish
- 1 large onion(s), red, sliced
- 1 2/3 tablespoon oil, canola, divided
- 1 pounds pork, tenderloin, trimmed
- 1 teaspoon salt, Kosher
- ➤ 1/4 teaspoon pepper, black ground
- 3 tablespoon vinegar, cider

### **Preparation**

- 1. Position racks in upper and lower thirds of oven; preheat to 475°F.
  - 2. Toss apples, sliced fennel and onion with 1 tablespoon oil in a large bowl. Spread out on a rimmed baking sheet. Roast on the lower oven rack, stirring twice, until tender and golden, 30 to 35 minutes.
- 2. About 10 minutes after the apple mixture goes into the oven, sprinkle pork with salt and pepper. Heat the remaining 2 teaspoons oil in a large ovenproof skillet over medium-high heat. Sear the pork on one side, about 2 minutes. Turn the pork over and transfer the pan to the top oven rack. Roast until just barely pink in the center and an instant-read thermometer registers 145°F, 12 to 14 minutes.
- 3. Transfer the pork to a cutting board and let rest for 5 minutes. Immediately stir vinegar into the pan (be careful, the handle will be hot), scraping up any browned bits, then add to the apple mixture. Thinly slice the pork; serve with the apple mixture and sprinkle with fennel fronds.

