

Spice-Rubbed Pork Tenderloin with Mango Sambal

*Carolyn T's
Cookbook*

Servings: 4

Author: Cooking Light



Description:

1. Preheat oven to 425°.
2. To prepare pork, combine first 8 ingredients in a small bowl. Rub pork tenderloin with spice mixture; refrigerate for 20 minutes.
3. Place pork on a broiler pan coated with cooking spray. Bake at 425° for 20 minutes or until meat thermometer registers 155°. Let stand 5 minutes; cut into 1/4-inch-thick slices.
4. To prepare sambal, combine mango and remaining ingredients. Serve sambal with pork.

PORK:

- 1 teaspoon brown sugar
- 3/4 teaspoon chili powder
- 3/4 teaspoon paprika
- 1/2 teaspoon salt
- 1/2 teaspoon onion powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dried thyme
- 1 pound pork tenderloin (1-pound) trimmed

Cooking spray

SAMBAL:

- 1 cup mango, peeled, chopped, or frozen chunks diced
- 1 1/2 teaspoons sugar
- 2 teaspoons rice wine vinegar
- 2 teaspoons fish sauce
- 1 whole serrano chile, seeded and finely minced

*Blog: Carolyn T's Blog:
<http://tastingspoons.com>*

Per Serving (excluding unknown items): 184 Calories; 5g Fat (22.4% calories from fat); 24g Protein; 11g Carbohydrate; 1g Dietary Fiber; 74mg Cholesterol; 330mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 0 Other Carbohydrates.