

30-MINUTE SUPPER



**CARIBBEAN PORK TENDERLOIN WITH  
AVOCADO-MANGO SALAD**

## CARIBBEAN PORK TENDERLOIN WITH AVOCADO-MANGO SALAD Serves 4



**WHY THIS RECIPE WORKS:** Coating the pork tenderloins in jerk seasoning and brown sugar gives them a spicy-sweet kick.

- 2 (12-ounce) pork tenderloins, trimmed
- 2 tablespoons jerk seasoning
- 2 tablespoons vegetable oil
- ½ cup packed brown sugar
- 2 avocados, halved, pitted, and cut into ½-inch pieces
- 1 mango, peeled, pitted, and cut into ¼-inch pieces
- ½ cup fresh cilantro leaves
- ½ teaspoon grated lime zest plus 3 tablespoons juice (2 limes)
- 1 tablespoon minced shallot
- Salt and pepper

1. Adjust oven rack to middle position and heat oven to 400 degrees. Pat pork dry with paper towels and sprinkle all over with jerk seasoning. Heat 1 tablespoon oil in 12-inch oven-safe nonstick skillet over medium-high heat until just smoking. Cook pork until browned on all sides, 5 to 7 minutes.
2. Off heat, spoon ¼ cup sugar over each tenderloin, pressing to adhere. Transfer skillet to oven and roast until pork registers 140 degrees, 10 to 12 minutes. Transfer pork to carving board, tent with foil, and let rest for 5 minutes.
3. Meanwhile, combine avocados, mango, cilantro, lime zest and juice, shallot, ½ teaspoon salt, ¼ teaspoon pepper, and remaining 1 tablespoon oil in bowl. Slice pork, drizzle with pan juices, and serve with avocado-mango salad.

**TEST KITCHEN NOTE:** Cut avocados just before serving to avoid discoloration.