

Barbecue Pork Tenderloin

in under
10 Minutes!



Helpful tips

Microwave Oven Tips

- To accommodate the **Deep Covered Baker**, the interior dimensions of the microwave must be at least 13 inches wide, 13 inches deep and 7 inches high. To be sure, ask your host to measure the inside of the microwave for you.
- Check with your host to ensure the microwave oven has a built-in turntable. If using a microwave oven without a built-in turntable, turn baker once halfway through cooking.
- Ask your host to look inside the microwave for the UL label which lists the wattage. (The UL label is usually silver and is located on the inside walls or door.) This information will be helpful for you to determine if the time range in the recipe needs to be adjusted. The time range in this recipe was developed based on testing in microwave ovens ranging from 1,000 to 1,350 watts.
- Because microwave ovens can vary greatly, the cooking time may need to be adjusted. Be sure to take the temperature of the tenderloin using a **Pocket Thermometer** to assure proper doneness.
- Allow the tenderloin to rest in the baker for 10 minutes before serving.

Shopping & Preparation Tips

- Pork tenderloins usually weigh $\frac{3}{4}$ to 1 pound each. They're often found vacuum packed, two per package.
- We recommend purchasing natural or unseasoned pork tenderloin for this recipe. Avoid using seasoned tenderloins, which may become too salty.
- Use the **Utility Knife** to remove the silver skin. Insert the blade underneath the skin, keeping the blade angled as you cut along the entire length of the membrane.
- Other Pampered Chef® seasoning mixes and rubs that complement pork are **Southwestern Seasoning Mix**, **Asian Seasoning Mix**, **Jamaican Jerk Rub**, **Crushed Peppercorn & Garlic Rub** and **Citrus & Basil Rub**.
- Adding extra onions or vegetables to the recipe may increase cooking time by a couple of minutes.
- Try substituting cooked pork for cooked chicken in your favorite salad, stir-fry and sandwich recipes.