



Pork tenderloin with Blueberry sauce

Servings: **0 servings**

Ingredients

Portion size: 3

Ingredients 1/2 tsp (2 mL) dried thyme

1/4 tsp (1 mL) each salt and pepper

1 pork tenderloin (12 oz/375 g)

1 tsp (5 mL) vegetable_oil

Wild Blueberry Sauce:

3/4 cup (175 mL) dry red_wine

1 cup (250 mL) fresh or frozen wild blueberries

1 tbsp (15 mL) granulated_sugar

1 tsp (5 mL) grated lemon rind

1-1/2 (7 mL) tsp cornstarch Preparation

Rub thyme, salt and pepper over pork. In large ovenproof skillet, heat oil over medium-high heat; brown pork all over for about 4 minutes.

Transfer to 350°F (180°C) oven; roast for about 30 minutes or until just a hint of pink remains and meat thermometer registers 160°F (70°C). Transfer to cutting board; tent with foil and let stand for 5 minutes before slicing.

Wild Blueberry Sauce:

Meanwhile, drain any fat from skillet. Pour in wine; bring to boil over high heat, stirring to scrape up brown bits from bottom of pan. Boil over medium-high heat until slightly reduced, about 3 minutes.

Stir in blueberries, sugar and lemon rind; return to boil. Dissolve cornstarch in 2 tablespoons (25 mL) cold water; stir into sauce and simmer just until clear. Pool on 3 warmed dinner plates. Top with slices of pork.

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