

Serves 6–8

Serving size: 4 oz./115 g pork served with sauce

PREP: 5 minutes

COOK: 15 minutes

PORK TENDERLOIN with Raisin Cream Sauce

2–3 lb./1–1.3 kg pork tenderloin

1 tsp. coarse kosher salt

½ tsp. black pepper

½ cup golden raisins

1½ cups apple cider

¼ cup heavy cream

2 tbsp. corn starch

1. Season tenderloin with salt and pepper. Place in base of Microwave Pressure Cooker.
2. Add raisins and apple cider to Pressure Cooker.
3. Seal and microwave on high power 15 minutes. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 10 minutes. Check to ensure internal temperature of pork has reached 145° F/63° C.
4. Remove pork from Pressure Cooker and place on cutting board.
5. In a small bowl, whisk the corn starch into heavy cream until combined. Whisk cream mixture into liquid in base of Pressure Cooker. Seal and microwave on high power 1–2 minutes.
6. Slice pork tenderloin and serve with warm raisin cream sauce.

Nutritional Information (per serving):

Calories: 310 Total Fat: 10g Saturated Fat: 4.5g Cholesterol: 125mg Carbohydrate: 16g Sugar: 12g Fiber: 1g Protein: 37g Sodium: 330mg Vitamin A: 2% Vitamin C: 2% Calcium: 2% Iron: 10%



Microwave Pressure Cooker



Whisk



Measuring Cups



Measuring Spoons



Silicone Spatula