



Pork Tenderloin with maple syrup and beet glaze

Serves 2 – 3

Ingredients

1 tbsp. butter
Salt & Pepper
1 tbsp. coriander – ground
1 medium red beet
 $\frac{3}{4}$ cup maple syrup
 $\frac{3}{4}$ cup chicken stock
 $\frac{1}{4}$ cup Worcester sauce



Method

Pork – rub the coriander into the pork, rubbing it well into the meat.

Brown the pork tenderloin in a frying pan with melted butter. Turn the pork to brown all sides well.

Sauce – in a skillet pour the maple syrup, chicken stock and the Worcester sauce. Add the chopped beets and bring mixture to boil. Then reduce the heat and let simmer to reduce the liquid volume.

Transfer the pork to the reduction skillet and coat the pork well. Then place in a pre-heated oven at 350°F (180°C) and cook for 15 minutes.

Slice the pork and spoon the glaze over the meat.