



KURTZ ORCHARDS

well flavoured

Mango Garlic Tenderloin

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flavoured with Kurtz Mango Garlic Dressing

Ingredients

- 2 pork tenderloin
- 1 teaspoon (5 mL) hot chili flakes
- 1 tablespoon (15 mL) dried oregano
- salt and freshly ground black pepper
- 3 tablespoons (45 mL) olive oil, divided
- 1 large onion, quartered
- 1 jalapeno pepper, seeded and chopped
- 1 red hot pepper, seeded and chopped
- 4 tablespoons (60 mL) **Kurtz Mango Garlic Dressing**

Method

Heat oven to 400F (200C). Trim pork tenderloins of any excess fat and rub with hot chili flakes, oregano, salt and pepper. Heat half the oil in a large ovenproof skillet over medium high heat. Sear the pork, turning to brown all sides, about 5 minutes. Transfer the skillet to the oven and roast the pork for about 15 minutes. Remove from oven and let sit for 5 minutes before slicing.

Meanwhile, warm remaining oil in a small skillet over very low heat. Put onion and peppers in a small food processor and mince well. Spoon into skillet and cook for 3 minutes. Add Kurtz Mango Garlic Dressing and cook until thickened, about 5 minutes.

Slice tenderloins and arrange on a serving platter. Serve with sauce drizzled over pork and pass the rest at the table. Serves 6.

The Kurtz family focus on offering uniquely made farm to table food solutions and introduce customers to an abundance of rich, authentic country flavours from the ground up; jam, jelly, spreads, butters, sauces, dips and dressings of guaranteed origin and quality.

Visit the website for more recipes.

www.kurtzorchards.com

Kurtz Orchards Farm and Gourmet Marketplace

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Kurtz Culinary Food Shops

- 38-40 Queen St, P O Box 457, Niagara-on-the-Lake, ON, CANADA, L0S 1J0 905-468-3815
- Bayview Village, 2901 Bayview Ave, Toronto, ON, CANADA, M2K 1E6, 416-250-1811
- South-east corner of Ocean Ave and San Carlos, Carmel-by-the-Sea, CA, USA 93921, 831-625-5267