

Pork Tenderloin with Apricot Sauce

Cooking Instructions

This dish has 2 parts: Pork Tenderloin and Apricot Mustard Sauce.

QuickThaw: QuickThaw pork by submerging well-sealed bag in water for 20–30 minutes. Thaw Apricot-Mustard Sauce, shake well to emulsify.

Pork Cooking Method – Choose One:

Grill — Recommended: Thaw. Grill over medium to high heat for approximately 6 minutes on each side.

Thawed to Oven: Preheat oven to 375°F. Bake, uncovered, for 30–45 minutes, until internal temperature is reached. Let pork sit 10 minutes, then slice.

Internal temp: 145°F.

Serving Suggestions: Slice pork and serve with Apricot-Mustard Sauce. Serve with white rice with slivered almonds and honey carrots. Zinfandel.

Please Note: Cooking times are estimates and vary based on your actual oven or grill, as well as item thickness and starting temperature. For best results, always verify the internal temperature of your meals. We recommend instant-read pocket thermometers – they are inexpensive, convenient, and very easy to use.



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