

Rum Glazed Pork Tenderloin with Rice

Cooking Instructions

This dish has 4 parts: Pork Tenderloin, Rum Glaze, Pineapple Relish, and White Rice.

Thaw Pineapple-Cilantro Relish and Rum Glaze.

Rice:

1. Combine 1 cup long grain white rice + 1 3/4 cups water + 1/4 teaspoon salt (optional) in saucepan.
2. Heat to boiling and stir once.
3. Reduce heat, cover, and simmer 20 minutes, until rice is tender.

Pork Tenderloin Cooking Method – Choose One:

Grill: QuickThaw pork by submerging the well-sealed package in water for 15–20 minutes. Grill over medium-high heat for approximately 6 minutes per side, until internal temp reaches 155°F.

Freezer to Oven: Preheat oven to 350°F. If pork is packaged in a Ziploc, cut off the end of the bag and place pork in a greased baking dish. Bake loosely covered with aluminum foil for 45 minutes. Uncover and bake 15–30 minutes more, until internal temp reaches 155°F. Let rest 10 minutes before slicing.

Freezer to Air Fryer: Remove pork from package and place frozen tenderloin in air fryer or on a greased rack. Cook for 30–35 minutes at 400°F, until internal temp reaches 155°F.

Rum Glaze:

1. Just before serving, transfer glaze to a microwave-safe dish and cover.
2. Heat on high 1–2 minutes, until boiling and glaze thickens, watching carefully so glaze does not boil over.

Internal Temp: 155°F.

Serving Suggestions: Serve over included rice, topped with Rum Glaze; Pineapple Relish on the side. Green beans. Shiraz.

Please Note: Cooking times are estimates and vary based on your actual oven, air fryer, grill, or stovetop, 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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