

Teriyaki Pork Tenderloin over Pineapple Rice

Cooking Instructions

This dish has 3 parts: Pork Tenderloin, Teriyaki Sauce, and Pineapple Rice Pilaf.

Prepare Pineapple Rice Pilaf — Freezer to Skillet:

1. In a small skillet over medium-high heat, thaw and sauté rice mixture for 5 minutes, stirring frequently.
2. Add 1 1/2 cups water and bring to a boil.
3. Cover tightly, reduce heat to low, and simmer for 20 minutes.
4. Fluff with a fork and serve.

Teriyaki Sauce: Thaw Teriyaki Sauce. Right before serving pork, transfer sauce to a microwave-safe dish. Gently heat in microwave, stir, and serve over sliced pork or on the side.

Pork Cooking Method – Choose One:

Grill — Best: QuickThaw by submerging well-sealed package of pork in water for 15–20 minutes. Grill over medium to high heat for approximately 6 minutes on each side, until internal temperature is reached.

Freezer to Oven: Preheat oven to 350°F. Remove frozen tenderloin from bag, using scissors if necessary, and bake, loosely covered with aluminum foil, for 45 minutes. Uncover and bake 25–35 minutes more, until internal temperature is reached.

Internal temp: 145°F. Let rest 10 minutes before slicing. Pork is lean meat and dries out when overcooked. We highly recommend using an instant-read meat thermometer to ensure your dish is cooked perfectly every time.

Serving Suggestions: Pineapple Rice, bok choy. Shiraz.

Please Note: Cooking times are estimates and vary based on your actual oven, stovetop, 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.



Log into your Dinner Done account to make notes on dishes you have purchased, request an email notification when we make your favorite item again, track your SuperChef points, and more.