

Pork Tenderloin- Garlic Oil & Fig Balsamic Marinade

INGREDIENTS

- 2 pounds Pork tenderloin
- 1 cup Fig Balsamic Vinegar
- 1/2 cup Soy sauce
- 1/2 cup Garlic Olive oil
- 1 clove Garlic ; minced
- 2 tablespoons Parsley ; chopped



INSTRUCTIONS

- Combine all of the above and marinate for 24 hours
- Preheat BBQ grill to high
- Remove meat from marinade.
- Save marinade and bring to a boil in a small saucepan on the stove. Simmer for 10 min to ensure any meat juices are fully cooked.
- Lower grill temp to medium and cook meat for 6 min per side, basting with marinade until it reaches 150 degrees.
- Let meat rest 5 min before slicing
- Serve with a little bit of marinade as a sauce along with brown rice and veggie.