

Pineapple Teriyaki Pork Tenderloin with Jasmine Rice

Serves: 4

Ingredients

For the Pork & Marinade

- 1 ½ lb. (700 g) pork tenderloin, trimmed
- ½ cup pineapple juice (from can or fresh)
- ¼ cup soy sauce (low sodium preferred)
- 2 tbsp brown sugar or honey
- 1 tbsp rice vinegar (or apple cider vinegar)
- 1 tbsp sesame oil (or neutral oil)
- 2 cloves garlic, minced
- 1 tsp grated fresh ginger (or ½ tsp ground ginger)
- 1 tbsp cornstarch (for thickening sauce)
- ¼ cup water

For Serving

- 1 cup uncooked jasmine rice
- 2 cups water or chicken broth
- 1 cup pineapple chunks (fresh or canned, drained)
- 1 red bell pepper, sliced
- 1 small onion, sliced
- 2 green onions, thinly sliced (for garnish)
- 1 tsp sesame seeds (optional)



Instructions

1. Marinate the Pork

1. In a bowl or zip-top bag, mix: pineapple juice, soy sauce, brown sugar (or honey), rice vinegar, sesame oil, garlic, and ginger.
2. Add the pork tenderloin, turning to coat well.
3. Marinate **at least 30 minutes** (up to 8 hours in the fridge for more flavor).

2. Cook the Jasmine Rice

1. Rinse rice under cold water until the water runs clear.

2. In a saucepan, bring **2 cups water or broth** to a boil.
 3. Add the rice, reduce to low heat, cover, and simmer **15 minutes** or until tender.
 4. Remove from heat and let sit covered for 5 minutes before fluffing with a fork.
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3. Sear and Roast the Pork

1. Preheat oven to **400°F (200°C)**.
 2. Remove pork from the marinade (reserve the liquid).
 3. Heat a skillet over medium-high heat; add a drizzle of oil.
 4. Sear the pork on all sides until golden brown (about 2–3 minutes per side).
 5. Transfer skillet to the oven (or move pork to a baking dish) and roast **15–20 minutes**, or until internal temperature reaches **145°F (63°C)**.
 6. Rest the pork on a plate, tented with foil, for 5–10 minutes before slicing.
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4. Make the Pineapple Teriyaki Sauce

1. Pour the reserved marinade into a small saucepan.
 2. Bring to a boil over medium heat.
 3. In a cup, mix **1 tbsp cornstarch** + **¼ cup water** into a slurry and stir into the sauce.
 4. Simmer until thickened (2–3 minutes).
 5. Add **pineapple chunks** and simmer 1 more minute.
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5. Cook the Vegetables

1. In the same skillet used for the pork, sauté the **bell pepper and onion** for 3–4 minutes until slightly softened but still crisp.
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6. Assemble & Serve

1. Slice the pork tenderloin into medallions.
2. Serve over jasmine rice.
3. Spoon pineapple teriyaki sauce and sautéed vegetables over the top.
4. Garnish with green onions and sesame seeds.