

# Mustard-miso pork tenderloin

Total time **73 mins** 10 mins preparation time 30 mins cooking time 3 mins resting time

Nutritional facts (per portion):  
**2,010 kJ / 480 kcal**

Fat: **18 g** Protein: **36 g**  
Carbohydrates: **30 g**

## INGREDIENTS

2 portion(s)

<b>20 g</b>	Dijon mustard
<b>10 g</b>	white miso paste
<b>30 ml</b>	<u>Kikkoman Naturally Brewed Soy Sauce</u>
<b>320 g</b>	pork tenderloin
<b>300 g</b>	sweet potatoes
<b>30 ml</b>	olive oil
<b>4</b>	sprigs fresh thyme

## PREPARATION

### Step 1

**20 g** Dijon mustard - **10 g** white miso paste - **30 ml** Kikkoman Naturally Brewed Soy Sauce - **320 g** pork tenderloin

Combine the mustard, miso paste and Kikkoman Soy Sauce. Set aside a little of the mixture for serving, then marinate the pork tenderloin in the rest for at least 30 minutes.

### Step 2

**300 g** sweet potatoes - **30 ml** olive oil - **4** sprigs fresh thyme

Wash the sweet potatoes and cut them in half. Drizzle with the olive oil, add the thyme, and grill for about 30 minutes until tender on a barbecue or grill pan.

### Step 3

Grill the marinated tenderloin on all sides for about 12–15 minutes until cooked through on a barbecue or grill pan. Let the meat rest for 3 minutes before slicing. Serve with the roasted sweet potatoes and the reserved mixture as a sauce.