KIKKOMAN

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)

20 g	Dijon mustard
10 g	white miso paste
30 ml	Kikkoman Naturally Brewed Soy Sauce
320 g	pork tenderloin
300 g	sweet potatoes
30 ml	olive oil
4	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.