

DINNER

Pork Tenderloin with Apples

22 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
40 min	5 min	35 min	4	\$1.77	475 kcal



Pork Tenderloin with Apples is a main course that serves 4. For \$1.77 per serving, this recipe covers 29% of your daily requirements of vitamins and minerals. One serving contains 475 calories, 35g of protein, and 14g of fat. 1 person were impressed by this recipe. It is brought to you by Foodnetwor...

Ingredients

- ☐ ¼ cup apple cider
- ☐ 2 baking apples (such as McIntosh)
- ☐ 4 servings Kosher salt and freshly ground pepper
- ☐ 1¼ pounds large pork tenderloin (about
- ☐ 1 cup quick-cooking barley
- ☐ 1½ tablespoons unsalted butter
- ☐ 1 tablespoon apple cider vinegar
- ☐ 1 tablespoon finely chopped fresh parsley
- ☐ 1 tablespoon extra-virgin olive oil
- ☐ ¼ teaspoon pumpkin pie spice
- ☐ 1 medium shallot, finely chopped

EQUIPMENT Frying pan, Sauce pan, Oven, Kitchen thermometer, Cutting board

Method

- 1 Preheat the oven to 400 degrees F.
- 2 Sprinkle the pork with the pumpkin pie spice, 1/2 teaspoon salt, and pepper to taste.
- 3 Heat the olive oil in a large ovenproof skillet over medium-high heat.
- 4 Add the pork and cook, turning, until browned on all sides, about 6 minutes.
- 5 Halve the apples and scoop out the cores.
- 6 Cut 1/2 tablespoon butter into 4 pieces; put a piece in each apple half.
- 7 Sprinkle with half of the shallot and a pinch of salt.
- 8 Add the apples to the skillet with the pork, cut-side up, and transfer to the oven. Roast until a meat thermometer registers 145 degrees F, about 25 minutes.
- 9 Meanwhile, combine 1 3/4 cups water, the remaining shallot and a pinch of salt in a saucepan; bring to a boil.
- 10 Add the barley, cover and cook over low heat until the water is absorbed, 12 minutes.
- 11 Add the parsley.
- 12 Transfer the pork and apples to a cutting board. Return the skillet to medium-high heat and add the cider, vinegar and 1/4 cup water; simmer, stirring, 2 minutes. Stir in the remaining 1 tablespoon butter. Slice the pork and serve with the pan sauce, apples and barley.
- 13 Photograph by Antonis Achilleos

Nutrition per serving

475

KCAL

35 g

PROTEIN

14 g

FAT

54 g

CARBS

Saturated Fat	5 g · 31% of daily needs
Fibre	10.3 g · 41% of daily needs
Sugar	11.8 g · 13% of daily needs
Sodium	276 mg · 12% of daily needs
Cholesterol	103 mg · 34% of daily needs
Vitamin C	6.2 mg · 7% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/pork-tenderloin-with-apples-144631