

Best Grilled Pork Tenderloin Recipe

This is the best Grilled Pork Tenderloin Recipe! It's a quick 30-minute summer dinner the whole family will love. Use a simple, tasty spice rub to make a juicy tenderloin that pairs well with almost any side dish.

This recipe is easy to double for a crowd!



★★★★★
5 from 16 votes

Course: Dinner, Main Course Cuisine: American

Keyword: grill pork tenderloin, pork tenderloin, quick pork dinners Servings: 4 servings

Calories: 647kcal Author: [Tara Teaspoon](#)

Ingredients

- 1 1-pound pork tenderloin silverskin removed
- ½ teaspoon garlic powder
- ½ teaspoon ground coriander
- 1 teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 1 teaspoon light brown sugar
- 1 teaspoon olive oil
- 1 teaspoon chopped fresh rosemary
- 3 ounces goat cheese sliced
- 2 tablespoons honey

Instructions

1. Remove silverskin from pork tenderloin by releasing the end and pulling the silverskin up while running the knife underneath. You'll remove 3 to 4 strips of silverskin.
2. Combine garlic powder, ground coriander, salt, ground pepper, and brown sugar. Rub all over tenderloin and let sit for 30 minutes at room temperature.
3. Drizzle tenderloin with olive oil and grill over medium-high heat (about 375°F), turning occasionally, until internal temperature at its thickest point is **130°F**, 18 to 20 minutes.
4. Remove tenderloin from grill and allow meat to rest 5 to 10 minutes (internal temperature will continue to rise to **145°F**). The tenderloin will be crisp on the outside and juicy, pink on the inside. Slice and place on a platter.
5. Top tenderloin with goat cheese and chopped rosemary, then drizzle with honey.

Notes

Food safety: To be safe to eat, grilled pork tenderloin should have an internal temperature between **140°F and 145°F**.

Nutrition

Calories: 647kcal | Carbohydrates: 10g | Protein: 98g | Fat: 22g | Saturated Fat: 9g | Cholesterol: 305mg | Sodium: 897mg | Potassium: 1782mg | Sugar: 10g | Vitamin A: 220IU | Vitamin C: 1mg | Calcium: 57mg | Iron: 5mg

TaraTeaspoon.com Best Grilled Pork Tenderloin Recipe from <https://tarateaspoon.com/grill-pork-tenderloin-with-easy-rub/>

Scan the QR code to check for any recipe updates, read tips and info, or leave a 5 star rating!

