

Honey-glazed Pork Tenderloin with Fennel

Swick

Serves 1 | Active Time: 15 minutes | Total Time: 45 minutes

Chef's Notes

Suggested side: Tasty Fennel: Take fresh fennel bulbs and cut them into wedges (keep the tops for decoration). Dot liberally with butter, add 4-5 sliced garlic cloves, sprinkle with freshly ground salt and pepper, and top with parmesan cheese. Place in tin foil and barbeque until the fennel is slightly tender.

Step 1: Blend the rub for the pork tenderloin.

- 1 pork tenderloin
 - 1 ½ tablespoons honey
 - ½ tablespoon fennel seeds, crushed
 - ½ tablespoon fresh rosemary, finely chopped
 - Sea salt to taste
 - Freshly ground black pepper to taste
 - 1 clove garlic, minced
- 1) Brush the tenderloin lightly with honey.
 - 2) In a bowl mix fennel seeds, rosemary, salt, pepper and minced garlic.
 - 3) Spread the mixture all over the pork.
 - 4) Roast in a preheated 450 F (230C) oven for 25-30 minutes or barbeque until the pork is done to your liking. Let rest before slicing and enjoy.