

## Honey Garlic Pork Tenderloin Recipe for an Easy Flavor-Packed Dinner

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**OVEN**  
**375°F**

**TIME**  
**35 min**

**TEMP**  
**145°F**

**PRINT**  
**Recipe Card**

#### INGREDIENTS

- 1 pork tenderloin, about 1 pound
- 1/4 cup honey
- 3 tablespoons soy sauce
- 4 cloves garlic, minced
- 1 tablespoon olive oil
- 1 teaspoon ground ginger
- Salt, to taste
- Black pepper, to taste

#### DIRECTIONS

1. Preheat the oven: Preheat your oven to 375°F (190°C).
2. Make the sauce: In a bowl, whisk together the honey, soy sauce, minced garlic, olive oil, ground ginger, salt, and black pepper until smooth and well combined.
3. Prep the pork: Place the pork tenderloin in a baking dish.
4. Pour the honey garlic mixture over the pork, making sure it is well coated.
5. Bake: Bake for about 35 minutes, basting the pork occasionally with the sauce from the pan.
6. Cook until the internal temperature reaches 145°F (63°C).
7. Rest the pork: Remove the pork from the oven and let it rest for a few minutes before slicing.
8. Serve: Slice the pork and spoon the pan juices over the top before serving.

#### SWAPS & NOTES

Pork tenderloin is different from pork loin and cooks more quickly, so it is a great choice when you want something tender without a long roasting time.

Honey gives the glaze its sweetness and helps create a nice glossy finish.

If your honey is very thick, warming it slightly can make it easier to whisk into the sauce.

Soy sauce adds most of the salty depth here, so be a little careful with extra salt until you taste the finished dish.

#### TIPS FOR SUCCESS

Pork tenderloin cooks quickly, and checking the temperature is the best way to keep it juicy.

Basting during baking helps build flavor and keeps the top glossy and well coated.

Let the pork rest before slicing so the juices stay in the meat instead of running out onto the cutting board.

Slice against the grain for the most tender pieces.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

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