

# PORK TENDERLOIN

**SIDE ITEM:** Apples & Root Veggies

1. Allow your meal to gently thaw in the fridge for 6-8 hours before cooking (if skipping this step, add 15-20 supervised minutes to the cooking time).
2. Line your sheet pan with aluminum foil for easy clean-up.
3. Place meal (in a single layer) on lined cookie sheet. Spread as thinly as possible.
4. Bake at 350 degrees for 90-110 minutes.
5. Slice tenderloin before serving.
6. Serve with favorite steak sauce for dipping.

**NEEDED FOR SERVE DAY:**  
favorite steak sauce

**PREP TIME:** 90-110 mins **SERVES:** 4-6