



Asian Pork Tenderloin

ingredients

- 2 tablespoons sesame seeds
- 1 teaspoon ground coriander
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon celery seed
- 1/2 teaspoon minced onion
- 1/4 teaspoon ground cumin
- 1/8 teaspoon ground cinnamon
- 1 tablespoon sesame oil
- 1 pound pork tenderloin, sliced into 4 portions

directions

- Heat the oven to 400 F. Lightly coat a baking dish with cooking spray.
- In a heavy frying pan, add the sesame seeds in a single layer. Over low heat, cook the seeds, stirring constantly until they look golden and give off a noticeably toasty aroma, about 1 to 2 minutes. Remove the seeds from the pan to cool.
- In a bowl, add the coriander, cayenne pepper, celery seed, minced onion, cumin, cinnamon, sesame oil and toasted sesame seeds. Stir to mix evenly.
- Place the pork tenderloin in the prepared baking dish. Rub the spices on both sides of the pork pieces. Bake until no longer pink, about 15 minutes. Or bake until a meat thermometer reaches 165 F (medium) or 170 F (well-done).