

Grilled Thai Tenderloin Cutlets - recipe from TheOtherWhiteMeat.com

Times: 15 minutes prep, 10 minutes cook

Ingredients:

2 pork tenderloins

2 tablespoons fresh garlic, minced

2 tablespoons fresh ginger, grated

1/3 cup soy sauce

1 tablespoon garlic chili paste

2 tablespoons fresh mint, minced

sandwich buns, (optional)

Cooking Directions:

Cut tenderloins crosswise into 1-inch pieces; flatten with heel of hand to about 1/8-inch thickness and place in shallow pan. Combine remaining ingredients and pour over pork cutlets; cover and refrigerate for up to four hours. Remove pork from marinade (discard remaining marinade) and grill over medium-hot coals just until nicely browned; about 2-3 minutes per side. Serve on sandwich buns if desired.

Serves 10.

Nutrition:



Calories: 132 calories

Protein: 20 grams

Fat: 4 grams

Sodium: 649 milligrams

Cholesterol: 60 milligrams

Saturated Fat: 1 grams

Carbohydrates: 3 grams

Fiber: 0 grams

