

# carribean pork with avocado pineapple salsa

**Makes 5 servings**

RECIPE ADAPTED FROM: [Martha Stewart](#)

COOK TIME: 30 minutes

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- 1 Tbsp light brown sugar
  - 1 tsp sea salt
  - 1 tsp ground cinnamon
  - ½ tsp ground allspice
  - ½ tsp ground pepper
  - 2 pork tenderloins (about 12 ounces each)
  - 1 Tbsp olive oil

## Salsa

- 1 cup diced pineapple
  - 2 thinly sliced scallions or 1 Tbsp chopped chives
  - 1 diced avocado
  - Coarse salt and freshly ground pepper, to taste
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COMBINE brown sugar, salt, cinnamon, cumin, allspice and ground pepper in a small bowl.

RUB spice mixture all over tenderloin.

PREHEAT oven to 425°F.

HEAT olive oil in an oven-safe skillet over medium high heat.

SEAR pork tenderloin for about 5 minutes on each side, then place into pre-heated oven.

BAKE until internal temperature reaches 145°F. This will take about 10 minutes.

LET rest 5 to 10 minutes before slicing thinly.

MAKE the salsa while the tenderloin is resting.

CHOP pineapple into small pieces, and add to a small bowl along with scallions and avocado. Season with salt and pepper.

TOSS gently to combine.

SLICE pork and top with some of the salsa.

