

Honey orange marinade

Preparation time: 15 min. · Level of difficulty: very easy

Quantity

Ingredients for one pork tenderloin/rib (400g).

Ingredients

2 piece Natural oranges
3 tbsp Orange blossom honey
4 tbsp SalsaSol spicy oil with orange
2 piece Garlic cloves
3 piece Rosemary sprigs
Sea salt
Shallow bowl for marinating

Preparation

Put the honey in a bowl. Using a fine kitchen grater, grate the zest of an orange over the honey. Peel and chop the garlic and add to the honey. Now mix the olive oil and spice mixture "SalsaSol Orange picante" with the honey, halve the oranges, squeeze out the juice and slowly stir in. Season well with salt and pepper.

Place the meat with the rosemary in the bowl and pour the marinade over it. Cover completely with marinade and leave to marinate for about 2 hours.

Then remove the meat from the marinade, let it drain a little, sear it well all over in olive or vegetable oil, then pour some of the marinade with the rosemary over the meat and put it in the preheated oven (150°), basting occasionally with the remaining marinade. If the stock reduces too much, add a sip of water or juice if necessary.

Pour orange stock over the meat on the plate and serve.