

Home › Food › Recipes › Baked Turkey Breast
Tenderloin with Garlic Herb Marinade

Baked Turkey Breast Tenderloin with Garlic Herb Marinade

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Serves 5 1x



1 hour 5 minutes

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- **Turkey Breast Tenderloins** – to start, you'll need to grab 2 turkey breast tenderloins that are about 1 pound each.
- **Apple Cider Vinegar** – to really help to break down and tenderize the meat, you'll also need 2 tablespoons of apple cider vinegar.
- **Brown Sugar** – 1 1/2 tablespoons of brown sugar,...
- **Dijon Mustard** – ...1 tablespoon of dijon mustard,...
- **Garlic Cloves** – ...3 minced garlic cloves,...
- **Fresh Thyme** – ...a 1/2 tablespoon of fresh chopped thyme,...
- **Fresh Rosemary** – ...a 1/2 tablespoon of fresh chopped rosemary,...

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- **Fresh Rosemary** – ...a ½ tablespoon of fresh chopped rosemary,...
- **Sea Salt + Ground Pepper** – ...1 teaspoon of sea salt, a ¼ teaspoon of black pepper, and...
- **Extra-Virgin Olive Oil** – ...2 tablespoons of extra-virgin olive oil combine to create a really flavorful marinade. You'll also need a tablespoon of EVOO for searing the herby tenderloins.

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1. **Whisk Together the Marinade** – in a large bowl, whisk together the vinegar, brown sugar, mustard, garlic, seasonings, and 2 tablespoons of the olive oil until evenly combined.
2. **Coat the Turkey Tenderloins** – place turkey tenderloins in the bowl with the marinade and toss to coat. Cover and refrigerate for at least 30 minutes (or up to overnight) to let the flavors infuse.
3. **Preheat the Oven** – when you're ready to cook the tenderloins, preheat the oven to 400°F.
4. **Sear the Tenderloins** – heat the remaining tablespoon of oil in a cast-iron skillet (or another oven-safe skillet) over medium-high heat. Once hot, place the tenderloins in the pan and sear for 2-3

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4. **Sear the Tenderloins** – heat the remaining tablespoon of oil in a cast-iron skillet (or another oven-safe skillet) over medium-high heat. Once hot, place the tenderloins in the pan and sear for 2-3 minutes per side (you may need to work in two batches to prevent overcrowding).
5. **Bake** – transfer the pan to the oven and cook for 30-40 minutes, or until a thermometer inserted into the thickest part of the tenderloin registers 165°F.
6. **Let Rest, Slice, and Serve** – remove the turkey from the oven and let rest for 10 minutes, then slice, serve, and enjoy!



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