

Hot Honey Pork Tenderloin Sliders

Prep: 10 minutes • Cook: 25 minutes

Juicy grilled pork tenderloin, sweetly caramelized with hot honey BBQ sauce, tucked into fluffy Hawaiian rolls and brightened with tangy pickled red onions for a sweet-heat, smoke-kissed bite in slider form.

Ingredients

- 2 pounds pork tenderloin
- 1 teaspoon avocado oil
- 1 tablespoon Hey Grill Hey Sweet Rub
- 1/2 cup Hey Grill Hey Hot Honey BBQ Sauce
- 12 Hawaiian sweet rolls
- 1 cup pickled red onions (sliced)

Instructions

1. Preheat a grill for two-zone cooking to an overall temperature of 350°F (direct and indirect zones).
2. Drizzle pork tenderloins with avocado oil and season evenly on all sides with Sweet Rub.
3. Grill the pork over direct heat: cook 4–6 minutes per side, rotating a quarter turn each time, with the lid closed between turns, until the internal temperature reaches 135°F (about 15–20 minutes total).
4. Brush the tenderloins with Hot Honey BBQ Sauce on all sides and continue grilling, turning as needed, until the sauce is caramelized and the pork reaches 145°F internal temperature.
5. Transfer the pork to a platter and rest 5–7 minutes, then slice into thick medallions.
6. Slice the Hawaiian rolls in half. Layer pork medallions on the bottoms, top with pickled red onions, drizzle with additional Hot Honey BBQ Sauce if desired, cap with the tops, separate into sliders, and serve.

Tags: Pork, BBQ, Grilling, Sliders, Game Day, Spicy Sweet
