

PAN SEARED OVEN ROASTED PORK TENDERLOIN

INGREDIENTS

- 12 oz pork tenderloin
- 1 tsp. paprika
- 0.5 tsp. garlic powder
- 0.5 tsp. onion powder
- 0.5 tsp. dried thyme
- 0.5 tsp. fresh rosemary
- 1/4 tsp. salt
- 0.5 tsp. ground black pepper
- 1 1/2 tbsp. olive oil
- 1 tsp. garlic minced
- 1 1/2 tbsp. Walden Farms maple syrup
- 1/3 tbsp. reduced-sodium soy sauce
- 1/4 tsp. traditional Dijon mustard



PREPARATION

1. To make the rubbing mix, take a small bowl and combine ground black pepper, onion powder, salt, garlic powder, dried thyme, and fresh rosemary together.
2. Rub the tenderloin evenly with the rubbing mix. Press gently against the meat using your fingers. Allow it to sit and complete the remaining steps while on the wait.
3. To make the sauce, take another small bowl, whisk together minced garlic, paprika, Dijon mustard, Walden Farms maple syrup, soy sauce, and half the olive oil.
4. Swirl your skillet with remaining olive oil over medium-high heat.
5. Sear the marinated pork loin on the pan for 6 minutes, until it's golden brown on all sides.
6. Transfer the pork tenderloin to the baking dish.
7. Brush the remaining sauce mixture onto the pork loin.
8. Bake everything together in the oven for 25 minutes.
9. Serve with your favorite veggies and enjoy.

