

# EASY PORK LOIN



## SERVING SIZE

3



## INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Pork Tenderloins	1 Lb.	Herbes De Provence	2 Tsp.
Salt	1 Tsp.	Olive Oil	2 Tsp.
Freshly Ground Black Pepper	1 Tsp.	Chicken Stock	½ Cup
Granulated Garlic	1 Tsp.		



## PREPARATION

- Preheat your oven to 400°F (200°C).
- Pat the pork tenderloins dry with paper towels.
- In a small bowl, mix together salt, black pepper, granulated garlic, and herbes de Provence.
- Rub the spice mixture evenly over the pork tenderloins, ensuring they are well-coated.
- Heat olive oil in an oven-safe skillet over medium-high heat.
- Sear the pork tenderloins on all sides until browned, about 2-3 minutes per side.
- If using an oven-safe skillet, transfer it directly to the preheated oven. Otherwise, transfer the pork to a baking dish. Roast in the oven for about 15-20 minutes.
- Remove the pork from the oven and let it rest for 5 minutes. This allows the juices to be redistributed, keeping the meat moist.
- Meanwhile, place the skillet back on the stovetop over medium heat. Deglaze the skillet with chicken stock, scraping up any browned bits from the bottom of the pan. Simmer for a few minutes until slightly reduced.
- Slice the pork into medallions. Drizzle the pan sauce over the sliced pork.
- Enjoy!