

HERB CRUSTED PORK TENDERLOIN



SERVING SIZE

4



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Pork Tenderloin	1 lb.	Chopped Fresh Parsley (or dried)	2 tsp.(or 1 tsp.)
Dijon Mustard	1 tbsp.	Fresh Thyme Leaves (or dried)	1 tsp.(or ¼ tsp.)
Olive Oil Divided	1 tbsp.	Kosher Salt	½ tsp.
Soy Sauce	1 tsp.	Black Pepper	¼ tsp.
Chopped Fresh Rosemary (or dried)	2 tsp.(or ½ tsp.)		



PREPARATION

- Set your oven to 400°F (200°C).
- Pat the pork tenderloin dry with a paper towel.
- In a small bowl, combine rosemary, parsley, thyme, salt, and black pepper.
- Rub the pork with half olive oil, then spread Dijon mustard and soy sauce evenly over it.
- Press the herb mixture onto the pork, coating all sides.
- Heat the remaining olive oil in a large oven-safe skillet over medium-high heat. Sear the pork for 2-3 minutes per side until browned.
- Transfer the skillet to the oven and bake for 15-20 minutes or until the internal temperature reaches 145°F (63°C).
- Remove from the oven, let it rest for 5 minutes, then slice and serve.