



PORK TENDERLOIN WITH MAPLE DIJON GLAZE



INGREDIENTS

ITEM	QUANTITY
• Pork Tenderloin	5 Oz.
• Garlic-infused Olive Oil	1 Tsp.
• Salt and Black Pepper, to taste	
• Dijon Mustard	1 Tbsp.
• Pure Maple Syrup	1 Tsp.
• Fresh Lemon Juice	1 Tsp.
• Dried Thyme	½ Tsp.
• Garlic-infused Olive Oil	½ Tsp.
• Chopped Bok Choy	½ Cup
• Sliced Carrots	¼ Cup
• Extra Virgin Olive Oil	1 Tsp.
• Salt and Black Pepper	

SERVING SIZE 1



PREPARATION

- ✔ Preheat oven to 400°F.
- ✔ Pat the pork tenderloin dry and season with salt and pepper.
- ✔ Heat the garlic-infused olive oil in an oven-safe skillet over medium-high heat.
- ✔ Sear the pork for approximately 2-3 minutes per side until browned.
- ✔ In a small bowl, whisk together the Dijon mustard, maple syrup, lemon juice, thyme, and garlic-infused olive oil.
- ✔ Brush the glaze evenly over the pork.
- ✔ Arrange the bok choy and carrots around the pork.
- ✔ Drizzle the vegetables with the olive oil and season with salt and pepper.

- ✔ Transfer the skillet to the oven and roast for approximately 12-18 minutes, depending on the thickness of the pork.
- ✔ Cook until the pork reaches an internal temperature of 145°F.
- ✔ Remove from the oven and allow the pork to rest for 5 minutes.
- ✔ Slice and serve with the roasted vegetables.