Dinner

Dijon Herb Crusted Pork Tenderloin

Tender pork tenderloin coated in a savory blend of dried herbs, garlic and mustard, browned on the stovetop and finished in the oven until juicy.

145 min	140	1 g	0 g
time	calories	carbs	sugars



Dairy free

Ingredients, 7 servings

- [ ] 1 tsp dried rosemary
- [ ] 1 tsp dried thyme
- [ ] 1 tsp dried parsley
- [ ] 2 tsp black pepper
- [ ] 2 clove garlic (finely minced)
- [ ] 2 tbsp Dijon mustard
- [ ] 2 tenderloins (about 24 oz total) pork tenderloin
- [ ] 1 1/2 tbsp vegetable oil

Method

- [ ] 1 Stir the dried rosemary, dried thyme, dried parsley and black pepper together in a small bowl.
- [ ] 2 Mix in the Dijon mustard and finely minced garlic until well combined.
- [ ] 3 Rub the herb mixture evenly over both pork tenderloins, then cover and refrigerate for at least 2 hours.
- [ ] 4 Preheat the oven to 400 F.
- [ ] 5 Heat the vegetable oil in a large skillet over medium-high heat.
- [ ] 6 Add the tenderloins to the skillet and brown them on all sides, then transfer them to a baking dish, keeping space between each one.
- [ ] 7 Bake for 20 minutes or until a meat thermometer registers 160 F to 170 F.
- [ ] 8 Let the tenderloins rest for 10 to 15 minutes before carving so the juices settle through the meat.

Nutrition Facts

Per serving

Calories	**140**
Total fat	5 g
Saturated fat	1.5 g
Sodium	140 mg
Total carbs	1 g
Fiber	0 g
Total sugars	0 g
Protein	19 g

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