

Garlic & Herb Roasted Tenderloin

Ingredients:

1 tenderloin, about 1 pound
Sea salt and freshly ground black pepper
2 tsp of dried rosemary
2 tsp of thyme
3 cloves garlic, peeled and chopped or minced
1 lemon, zested
1/4 cup olive oil

Directions:

Heat the oven to 475°F. Take the pork tenderloins out of their packaging and pat dry.



Sprinkle them lightly with kosher salt and black pepper. Place in a 13x9 metal roasting or baking pan.

Combine the garlic, lemon zest, rosemary, thyme, lemon zest and olive oil in a bowl and mix. Smear this paste all over the tenderloin, rubbing it into all sides of the pork.

Put the pork into the oven and roast for 10 minutes. Carefully flip both pieces of meat, using tongs, and then put back into the oven for an additional 8 to 10 minutes.

Check the temperature of the meat with an instant-read thermometer placed in the thickest section; when it hits 155°F, take the pork out of the oven. (Or check to see that the tenderloin is a light pink in the center.)

Place the pork on a cutting board and cover with foil to let it rest. (The internal temperature of the meat will continue to rise as it rests. Let it rest about 10 minutes before slicing.)

Slice the pork into 1-inch-thick rounds for serving.