

Lemon & Herb Rubbed Pork Tenderloin



Ingredients

1 pork tenderloin, well-trimmed, about 12oz / 0.375 kg

Lemon & Herb Rub:

2 cloves garlic, minced
1 Tbsp / 15 mL lemon zest
4 sprigs fresh parsley, finely chopped
2 sprigs fresh thyme, finely chopped
1 sprig fresh rosemary, finely chopped
2 Tbsp / 30 mL canola oil
½ tsp / 2 mL sea salt
½ tsp / 2 mL red pepper flakes

Directions

1. Place tenderloin on clean plate.
2. In small bowl, combine rub ingredients until well-blended. Generously coat all sides of tenderloin with rub. Cover with plastic wrap and refrigerate for up to 24 hours.
3. Preheat oven to 400°F. Place tenderloin on foil-lined, rimmed baking sheet. Roast 20-25 minutes or until instant-read thermometer registers 155°F.
4. Remove tenderloin onto a clean plate or cutting board. Tent loosely with foil and let tenderloin rest 5 minutes before slicing.

Additional Info

- **Cut:** Tenderloin
- **Prep Time (Minutes):** 10
- **Cook Time (Minutes):** 30
- **Number of Servings:** 2-3