

EASY ITALIAN ROAST PORK TENDERLOIN

PREP TIME: 1 HOUR

SERVINGS: 4-5

INGREDIENTS

- 2 Pork Tenderloins, about 3/4 lb to 1 lb each, Trimmed
- 1 tsp. Olive Oil
- 1/2 tsp. Salt
- 1/2 tsp. Fennel Seed, Crushed
- 1/4 tsp. Black Pepper
- 1 Clove Garlic, Finely Chopped

DIRECTIONS

- Adjust an oven rack to the lower middle position, and pre-heat oven to 450 degrees Farenheit.
- Prepare Pork - Trim Fat
- Mash Garlic, Salt, Black Pepper, Fennel Seed, and Olive Oil into a paste.
- Heat 1 Tbsp. oil in a 12" skillet over med-high heat until just smoking. Brown tenderloins on all sides, reducing heat if fat begins to smoke, about 10 minutes total (turn pork about every 2 minutes while browning)
- Transfer browned tenderloins to a 9 x 13 inch baking dish, and spread paste over the top of both tenderloins.
- Roast in oven until center of pork registers 155 degrees Farenheit on a cooking thermometer, about 15 minutes.
- Remove Pork Tenderloin from baking pan to cutting board, and let rest for 10 minutes.
- Cut into 1/4" slices for serving.

Enjoy!

