



serving size: 4 | **prep time:** 10 minutes | **cook time:** 20 minutes | **cut:** tenderloin | **method:** roast

herbed honey mustard pork tenderloin

A juicy tenderloin roasted to perfection and topped with an easy but flavorful honey mustard is a meal poised to please anyone.

INGREDIENTS:

- 1 *Chairman's Reserve*® pork tenderloin, trimmed (18 ounces)
- 1 teaspoon olive oil
- ½ teaspoon kosher salt
- ½ teaspoon freshly cracked black pepper
- 2 teaspoons Dijon mustard
- 2 teaspoons honey
- 1 teaspoon fresh thyme, chopped
- ½ teaspoon fresh rosemary, chopped
- 2 teaspoons flat leaf parsley, chopped

DIRECTIONS:

1. Preheat oven to 350°F and prepare a roasting pan with a rack.
2. Coat the tenderloin with olive oil and season with salt and pepper. In a large hot sauté pan, sear the tenderloin on all sides over medium-high heat
3. Place the tenderloin on an oven pan with a rack and roast until internal temperature reaches 145°F to 150°F, approximately 15 minutes.
4. While the roast is resting combine the Dijon, honey and herbs for the sauce.

servings: 4 | **calories:** 160 | **total fat:** 4.5g | **sodium:** 410mg | **total carbohydrate:** 3g | **protein:** 25g