



lemon
& herb rubbed
Ontario
pork
tenderloin

Recipe and image
courtesy of Manitoba Pork



ONTARIO PORK

Lemon & Herb Rubbed **Ontario** Pork Tenderloin

1 Ontario pork
tenderloin, well trimmed,
approx. 12 oz / 0.375 kg

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 / 25 mL canola oil

½ tsp / 2 mL sea salt

½ tsp / 2 mL chile pepper
flakes

Combine garlic, lemon zest, parsley, thyme, rosemary, oil, salt and chile pepper flakes in a small bowl. Generously rub mixture all over pork. Place pork in a zip lock bag. Seal bag and refrigerate for up to 24 hours. Preheat oven to 400°F (200°C). Arrange pork on a foil-lined, rimmed baking sheet and roast in centre of oven until meat thermometer registers 155°F (68°C), 20 to 25 minutes.

Cover loosely with foil and let pork rest 5 minutes before slicing thickly.



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Serve the pork slightly pink on the inside, accompanied with rice or pasta and your favourite fresh vegetables or a salad with citrus fruits and pine nuts.

Yield: Serves 2-3

Did you know?

Ontario pork tenderloin is one of 10 extra-lean cuts of pork. To maintain pork's natural tenderness, cook to a hint of pink.

A 100 g average serving of raw, trimmed Ontario pork contains 129 calories, 22 g protein, 3.9 g fat and 0 g carbohydrates.