

lemon & herb rubbed **Canadian** pork tenderloin



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Recipe and image
courtesy of Manitoba Pork

Lemon & Herb Rubbed Canadian Pork Tenderloin

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1 Canadian 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.

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?

Canadian 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 Canadian pork contains 129 calories, 22 g protein, 3.9 g fat and 0 g carbohydrates.