



Roasted Pork Tenderloin Recipe with Apples

Yields 4 servings

Ingredients:

- 1 (1- to 1-1/2-pound) pork tenderloin
- 1 tablespoons vegetable oil, plus more as needed
- 1 teaspoon salt
- ½ tablespoon Dijon mustard
- 1 teaspoon dried thyme
- ¼ teaspoon ground black pepper
- 1 apple cored and sliced
- 1 small onion, sliced
- ½ cup chicken stock
- ½ tablespoon butter

Directions:

1. Heat oven to 425 degrees F
2. Pat pork dry with paper towels. Then, using your hands, rub the tenderloins all over with ½ tablespoon of the oil, sprinkle with 1 teaspoon of salt, and rub until tenderloin is evenly coated.
3. Heat a ½ tablespoon of oil in a large frying pan over medium heat.
4. Add the pork tenderloins and cook, turning occasionally, until evenly browned all over. This should take about 12 minutes. Transfer the browned pork to a large plate or cutting board.
5. Check the pan; if it looks dry add 2 to 3 teaspoons of additional oil. (If there is fat left in the pan from cooking the pork, there is no need to add additional oil). Now, add apples and onions then cook, stirring occasionally, until lightly browned around edges, about 5 minutes. While the apples and onions cook, use a pastry brush (or use your hands) to rub the pork all over with the mustard, sprinkle it with ½ teaspoon of the thyme and black pepper, and rub until it's evenly coated.
6. Add the remaining ½ teaspoon of thyme to the apples and onions, stir. Then, place pork tenderloins on top of apples and onions and slide into the oven in a baking dish. Roast 20 to 25 minutes or until an internal thermometer inserted into the thickest part registers between 145 and 150 degrees F.
7. Transfer pork to a large plate and cover with aluminum foil. Let rest about 10 minutes.
8. While the pork rests, place the apples and onions back into the pan on the stove and turn heat to medium. Add chicken stock and bring to a simmer and cook until reduced by half. Add butter and stir until melted. Slice pork into 1-inch slices then serve on a bed of the apples and onions with pan sauce drizzled on top.