

# *From our kitchen to yours*



## **Herb and Garlic Baked Pork Tenderloin**

*Courtesy of ATCO Blue Flame Kitchen*

### **Ingredients:**

- 1 tbsp Oil
- ¼ cup Freshly ground pepper
- ½ tsp Rosemary, crumbled
- ¼ cup Garlic powder
- ½ tsp Thyme, crumbled
- ¼ tsp salt
- ½ tsp Paprika
- 2 Pork Tenderloins (1lb/0.5 kg each)

### **Directions:**

- Combine all ingredients except pork in a heavy plastic bag.
- Add pork and squeeze bag to coat pork with seasoning mixture.
- Remove pork from bag.
- Place pork in a small roasting pan
- Bake, uncovered, at 425°F (220°C) for 35-40 minutes or until a meat thermometer registers 160°F (71°C).
- Let stand for 5 minutes before slicing. Serves 6-8















