

Garlic and Herb Roasted Pork Tenderloin

Tender and juicy pork tenderloin marinated in a flavorful blend of garlic and herbs, then roasted to perfection.



Main Dish

35 min

Total time

Easy

Difficulty

300

kcal / serving

Ingredients

- 1 pork tenderloin
- 2 cloves of garlic, minced
- 1 tablespoon fresh rosemary, chopped
- 1 tablespoon fresh thyme, chopped
- 1 tablespoon olive oil
- Salt and pepper to taste

Steps

- 1 Preheat the oven to 400°F (200°C).
- 2 In a small bowl, mix together the minced garlic, chopped rosemary, chopped thyme, olive oil, salt, and pepper.
- 3 Rub the garlic and herb mixture all over the pork tenderloin, ensuring it is evenly coated.
- 4 Place the pork tenderloin on a baking sheet or roasting pan.
- 5 Roast in the preheated oven for about 25–30 minutes, or until the internal temperature reaches 145°F (63°C) for medium-rare or 160°F (71°C) for medium.
- 6 Remove the pork tenderloin from the oven and let it rest for 5 minutes before slicing.
- 7 Slice the pork tenderloin into medallions and serve hot.