

Herb-Crusted Pork Tenderloin with Ratatouille

A healthy French-inspired main dish featuring tender pork tenderloin coated with fresh herbs, served alongside a colorful ratatouille of seasonal vegetables. Light, flavorful, and perfect for a nutritious meal.



Main Dish

French

35 min

Total time

Medium

Difficulty

450

kcal / serving

Ingredients

- 150g pork tenderloin
- 1 tsp fresh thyme, chopped
- 1 tsp fresh rosemary, chopped
- 1 garlic clove, minced
- 1 tbsp olive oil
- Salt and pepper to taste
- 100g zucchini, diced
- 100g eggplant, diced
- 100g bell pepper, diced
- 1 small tomato, diced
- 1/2 small onion, finely chopped
- 1 tsp olive oil (for ratatouille)
- Fresh basil leaves for garnish

Steps

- 1 Preheat the oven to 200°C (390°F).
- 2 In a small bowl, mix thyme, rosemary, garlic, salt, and pepper.
- 3 Rub the pork tenderloin with olive oil and then coat it evenly with the herb mixture.
- 4 Heat a skillet over medium-high heat and sear the pork on all sides until browned (about 2 minutes per side).
- 5 Transfer the pork to a baking dish and roast in the oven for 12-15 minutes or until internal temperature reaches 63°C (145°F).
- 6 While the pork is roasting, heat 1 tsp olive oil in a pan over medium heat.
- 7 Add onion and sauté for 2 minutes until translucent.
- 8 Add zucchini, eggplant, bell pepper, and tomato, cooking for 8-10 minutes until vegetables are tender.
- 9 Season ratatouille with salt and pepper to taste.

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Remove pork from oven and let rest for 5 minutes before slicing.

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Plate the sliced pork alongside the ratatouille and garnish with fresh basil leaves.