

Garlic Butter Pork Tenderloin

Keith

Ingredients

- 2 tbsp extra virgin olive oil
- 1 tbsp celtic sea salt and fresh cracked pepper
- 2 lb pork tenderloin, optional: pre-marinate pork before cooking
- 4 tbsp butter, sliced into 4-6 pats
- 2 tbsp diced garlic
- 1 tsp dried basil*
- 1 tsp dried oregano*
- 1 tsp dried thyme*
- 1 tsp dried parsley*
- ½ tsp dried sage*

*or 2 tbsp Italian Herb Seasoning Blend

Instructions

Preheat oven 350°

1. Line a baking sheet with aluminum foil.
2. In a small bowl, combine garlic, basil, oregano, thyme, parsley, and sage. Set aside.
3. Generously season meat with salt and pepper.
4. In a large pan, heat oil until shimmery. Add pork to the pan, and cook on all sides until dark golden brown. Transfer to a baking sheet.
5. Generously coat with herb mix. Place pats of butter on top of the pork.
6. Wrap in foil, bake until meat is 150° internally at the widest, thickest part of the tenderloin (about 25 minutes.)
7. When pork has come to temperature, remove and let rest, tented with foil, for at least five minutes to lock in juices.
8. Slice against the grain and serve immediately.