

Roasted Pork Tenderloin with Veggies

Meal time: Dinner Meal course: Main Meal type: Meat, Dairy Free

Country of origin: America Difficulty: medium Servings: 8 Total time: 35 minutes

Ingredients

900 g pork tenderloins
 60 g honey
 3 tablespoon white wine
 3 tablespoon mustard, coarsely ground
 3 garlic cloves
 4 sprigs rosemary, stem removed and chopped
 675 g Yukon Gold potatoes, unpeeled and quartered
 3 tablespoons extra-virgin olive oil
 450 g green beans, trimmed
 Salt and pepper, to taste
 Cooking spray

Nutrition Facts

Amount per serving

Calories	289
Total Fat	6.8g
Saturated Fat	1.7g
Cholesterol	84 mg
Sodium	202 mg
Total Carbohydrate	25 g
Dietary Fibre	3 g
Total Sugars	8 g
Protein	32 g
Vitamin D	11 IU
Calcium	46 mg
Iron	2.76 mg
Potassium	922 mg

Instructions

1. Preheat the oven to 220 C.
2. Mix mustard, honey, olive oil, garlic, rosemary and wine in a bowl and season with salt and pepper.
3. Pat dry pork tenderloins with paper towels and season with pepper.
4. Grease a sheet pan with cooking spray. Place green beans on baking sheet and place potatoes face down to the pan around beans. Grease them with olive oil and season with salt and pepper.
5. Lay tenderloins, side by side, lengthwise on top of green beans. Brush them with the glaze. Roast for 25 minutes.
6. Transfer tenderloins to a cutting board and cover with foil. Let rest until veggies are cooked.
7. Increase the heat to 250 C and return the sheet to the oven and roast for 10 more minutes. Remove from the oven.
8. Transfer veggies to a plate and cut pork into slices. Place them over veggies. Serve and enjoy.

Notes: if you want potatoes to have nice crisp everything that they touch should have oil on it. Grease the pan, make sure the meat and beans are also sprayed with oil. The recipe is dairy free, low in cholesterol and high in protein.