

Honey Mustard Pork Tenderloin

Servings: 4

Ingredients:

1 whole all-natural pork tenderloin (about 16-18 ounces)
¼ cup Dijon mustard
2 tablespoons honey
1 cup Panko breadcrumbs
2 tablespoons grated Parmesan cheese
1 tablespoon fresh rosemary, finely chopped – or 1 teaspoon dried rosemary
1 tablespoon fresh parsley, finely chopped, or 1 teaspoon dried parsley
1 teaspoon dried oregano
½ teaspoon kosher salt
½ teaspoon black pepper
1 to 2 teaspoons extra virgin olive oil (optional)

Directions:

Preheat the oven to 425 degrees and line a baking sheet with aluminum foil. To grease the foil, spray it lightly with cooking spray or brush it with a light coating of vegetable oil; set aside.

Use a paper towel to pat the tenderloin dry and place it on the prepared baking sheet.

In a small bowl, add the Dijon mustard and honey and stir until well combined.

In a medium bowl, use a fork to mix the breadcrumbs, parmesan cheese, rosemary, oregano, salt and pepper together until combined.

Use a brush to generously coat the entire tenderloin with the honey mustard glaze. Add the breadcrumbs, using your hands to gently press it onto the glaze until the tenderloin is fully coated on all sides.

Drizzle the top of the pork roast lightly with olive oil and place the baking sheet in the center of the oven.

Bake until the crust is golden brown, and the pork has reached an internal temperature of at least 145 degrees (use a meat thermometer to ensure accuracy), about 30 to 35 minutes, or longer as desired.

Let the pork tenderloin rest at room temperature for 10 minutes, uncovered, before carving. Slice into medallions and enjoy.

Sarah's Tips:

- You can encrust the pork tenderloin up to one day in advance, wrap it in plastic wrap or foil and refrigerate it until ready to bake.
- Leftovers can be refrigerated in an airtight container for up to 4 days or frozen for up to 2 months.
- You can vary the herbs used in the breading to suit your taste.
- The glaze and breadcrumbs coating are also great with roasted lamb and beef.

