

Mustard Rubbed Pork Tenderloin with Rosemary Baby Carrots

Spring is right around the corner and you are probably so ready to get outside. Make this one pan plan dinner and you will be able to spend as much time outside as you want. If you need an extra side dish, you can steam broccoli and cauliflower, drizzle it with some balsamic dressing and it will go amazingly with the pork and carrots. Enjoy.

xoxo,

Kristin

1. Preheat the oven to 425 degrees F. Line a rimmed baking pan with parchment paper.
2. In a small bowl, stir together the mustard, parsley, pepper, 1/2 tsp. of the salt and the lemon zest. Spread the mixture all over the tenderloin. Place the tenderloin on the pan.
3. In a large bowl, toss the carrots and onion with the oil, rosemary, garlic and the remaining 1/2 tsp. salt. Place the vegetables around the tenderloin.
4. Roast the tenderloin until the internal temperature is 145 degrees F, 25 to 30 minutes. Transfer the pork to a cutting board and cover with foil. Continue to roast the vegetables until tender, about 10 minutes longer.
5. Thinly slice the pork and serve with the vegetables.

Fast and Easy Whole 30, serves 4.