

rollingpinonline.com

P: 813.653.2418

F: 813.685.3450



Brandon Crossroads

2080 Badlands Drive

Brandon, FL 33511

Baked Pork Tenderloin with Apples, Onion & Spinach

Serves 4 - 6

This is a satisfying sheet pan dinner that is very easy to prepare with delicious results. The herb and mustard-coated pork tenderloins pair perfectly with the sweet and savory roasted apples and onions. Pork tenderloins are generally inexpensive and quite tender. The spinach adds freshness, and is added at in the last few minutes of broiling.

Ingredients:

2 Honey Crisp apples, sliced	2 pork tenderloins (about 1 pound each)
1/2 large red onion, thinly sliced, pole to pole	2 tablespoons olive oil
3 cloves garlic, minced	1 tablespoon stoneground mustard
2 tablespoons extra virgin olive oil	1 teaspoon kosher salt
2 teaspoons fresh thyme leaves	2 teaspoons dried Herbes de Provence
1/2 teaspoon kosher salt	1/2 teaspoon freshly ground black pepper
	2 cups fresh spinach leaves
	1 tablespoon of olive oil

Directions:

1. Preheat the oven to 450°F with a rack about 6 inches from the top of the oven.
2. Toss together the apples, onion, garlic, 2 tablespoons of olive oil, 1/2 teaspoon salt, and the 1/2 teaspoon thyme. Spread in a single layer on a sheet pan.
3. Rub the pork tenderloins with 2 tablespoons of olive oil, stoneground mustard, 1 teaspoon kosher salt, 1/2 teaspoon pepper, and the Herbes de Provence until coated on all sides. Place the tenderloins on top of the apples and onions on the sheet pan, leaving some space between the two pieces of meat.
4. Roast the pork and vegetables for 15 minutes., Then using kitchen tongs, flip the tenderloins over. Continue to roast for an additional 10 to 15 minutes or until an instant-read thermometer inserted into the thickest part of the pork registers 145°F.
5. Add the fresh spinach to the roasting pan and broil the pork tenderloin for an additional 2-3 minutes per side until the skin turns golden brown.
6. Allow the tenderloins to rest for 10 minutes, loosely covered with aluminum foil, before transferring them to a cutting board to slice. Serve warm.