

Pork Tenderloin (Garlic Rosemary)

Source: Frank

Ingredients

- 1 lb. pork tenderloin
- 2 garlic cloves, minced
- 2 tsp chopped rosemary leaves
- ¼ tsp cumin
- ½ tsp kosher salt
- ¼ tsp pepper
- 2 tbsp olive oil

Method

Heat oven to 425 degrees.

Cut tenderloin in half crossways. Mix garlic, rosemary, etc. Rub mix over pork.

Heat oil in frying pan on high heat. Add pork and cook, turning until outside completely seared, about 3 minutes. (more).

Put pan in oven and roast until done the way you like, about 10 minutes for medium, 150 degrees internally.

Let rest 5 minutes before slicing.