

Rosemary and Pepper-crusteD Pork Tenderloin

Ingredients	4 svg	12 svg	16 svg	25 svg
Cracked black pepper	2 tsp	2 T	2 T + 2 tsp	4 T
Dried rosemary, crushed	1 tsp	3 tsp	4 tsp	2 T
Kosher salt	1/2 tsp	1.5 tsp	2 tsp	1 T
Fennel seeds, crushed	1/2 tsp	1.5 tsp	2 tsp	1 T
Celery seeds, crushed	1/2 tsp	1.5 tsp	2 tsp	1 T
Dry mustard	1/2 tsp	1.5 tsp	2 tsp	1 T
Chopped fresh, flat-leaf parsley	2 T	6 T	8 T	3/4 c
Pork tenderloin	1 lb	3 lb	4 lb	6 lb
Olive oil				

Preparation

- Finely chop parsley.
- Combine seasonings in small bowl.
- Pat tenderloin dry and place on baking sheet.
- Drizzle meat with olive oil.
- Spread seasonings over tenderloin.
- Bake at 350 degrees until internal temperature reaches 140 degrees.
- Remove from oven and allow to rest.

Notes

- 1 large bunch parsley = 1 cup chopped
- 4 bunches rosemary = 2 cups chopped
- 1 T fresh herbs = 1 tsp dried