**Roasted Pork Tenderloin Recipe**

Prep time: 10 mins

Cook time: 15 mins

Total time: 25 mins

Ingredients

* 1 tsp sea salt, or to taste
* ½ tsp freshly ground black pepper
* 1 tsp Italian Seasoning
* 1 tsp garlic powder
* 1 tsp ground coriander
* 2 Tbsp oil (vegetable oil, avocado oil or extra light olive oil - should have a high smoke point).
* 1 Pork Tenderloin (about 1½ lb)

Instructions

1. How to make Roasted Pork Tenderloin: Preheat oven to 400˚F with the rack in the middle.
2. Trim tenderloin of fat and any silver skin and pat dry with a paper towel. Pierce pork loin all over with a fork and rub with 1 Tbsp oil.
3. Combine your seasonings and sprinkle onto the tenderloin then use your hands to rub the spices into the tenderloin until evenly coated.
4. Heat 1 Tbsp oil over med-high heat in a large oven-safe pan (cast iron or a Dutch oven will work). Once oil is hot, add pork and brown on all sides (6 minutes total).
5. Place in the oven and bake uncovered at 400˚F for 13-15 min, flipping the tenderloin over halfway through baking. Bake until center of pork registers at least 150˚F then transfer to a cutting board and let meat rest 5-10 min. Slice into rings and serve.

Notes

It doesn't need a sauce, but it is also really good served with BBQ sauce.

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