

# **Pork Tenderloin with Chimichurri**

**Servings:** 4

## **Ingredients**

### **For the Pork Tenderloin:**

- 1–1.5 lb (450–680 g) pork tenderloin
- 2 tablespoons olive oil
- Salt and freshly ground black pepper

### **For the Chimichurri Sauce:**

- 1 cup fresh parsley leaves, packed
- 3–4 cloves garlic
- 2 tablespoons fresh oregano leaves (or 2 tsp dried)
- ½ teaspoon red pepper flakes (optional, for heat)
- ¼ cup red wine vinegar
- ½ cup olive oil
- Salt and pepper, to taste

## **Directions**

### **1. Prepare Chimichurri:**

- In a food processor or blender, combine parsley, garlic, oregano, red pepper flakes, and red wine vinegar. Pulse to chop.
- Slowly drizzle in olive oil while blending until smooth. Season with salt and pepper to taste. Set aside.

### **2. Cook Pork Tenderloin:**

- Preheat oven to 400°F (200°C).
- Pat pork dry and rub with olive oil, salt, and pepper.
- Heat a skillet over medium-high heat and sear pork on all sides until golden brown, about 2–3 minutes per side.
- Transfer pork to the oven and roast for 12–15 minutes, or until internal temperature reaches 145°F (63°C).
- Remove from oven and let rest for 5–10 minutes.

### **3. Serve:**

- Slice the pork tenderloin into medallions and drizzle generously with chimichurri sauce.
- Serve with roasted vegetables, potatoes, or a fresh salad.