



# Pork Tenderloin Main Dish Recipe

## The Sizzle That Started It All

I remember my first perfect pork tenderloin. The smell filled my whole kitchen with garlic and herbs. It felt like a fancy restaurant meal at home. That first juicy bite made me a believer. **Ever wondered how to make a simple dinner feel special?** This recipe is my answer. It turns basic ingredients into something amazing. The sizzle in the pan promises a great meal. Everyone at the table will ask for seconds.

## My First Kitchen Surprise

My first time, I was so nervous. I almost forgot to pat the pork dry. The seasoning did not stick well at first. I learned that simple step matters a

lot. It helps create a delicious, crispy crust. **Home cooking teaches us patience and attention to detail.** It is about the love you put in. Even small mistakes can lead to great meals. Now I always keep paper towels close by.

## Why This Dish Tastes So Good

Two things make this pork incredible. First, searing locks in all the juicy flavors. Second, the butter on top melts into the meat. It makes everything rich and tender. The fresh parsley at the end adds a bright pop. **Which flavor combo surprises you most: the garlic or the herb butter?** Share your thoughts in the comments below. I love hearing what you notice first.

## A Simple Dish With a Long History

Pork tenderloin is a classic American favorite. It became popular for family dinners in the mid-1900s. Its simple preparation fits busy weeknights and Sunday suppers. This version uses common pantry spices for easy flavor. **\*Did you know the pork tenderloin is one of the leanest cuts?\*** It is also very tender when cooked right. What is your favorite weeknight dinner? Tell me your go-to recipe.



## Pork Tenderloin Main Dish Recipe

### Ingredients:

Ingredient	Amount	Notes
Pork tenderloin	24 ounces	
Garlic powder	2 teaspoons	
Salt	1 teaspoon	
Ground black pepper	1 teaspoon	
Dried parsley	1 tablespoon	
Onion powder	1 teaspoon	
Olive oil	1 tablespoon	
Salted butter	3 tablespoons	Cut into 1 tablespoon squares
Fresh parsley	1/4 cup	Finely chopped

### My Easy Pork Tenderloin for Busy Nights

This pork tenderloin is my go-to weeknight dinner. It is juicy and full of flavor. You can have it on the table fast. Everyone will think you spent all day cooking.

See also Bourbon Glazed Chicken Skewers for Easy Meals

**Step 1** First, get your oven hot at 400°F. Line a baking sheet with foil. This makes cleanup a breeze. Mix your dried spices in a bowl. (A hard-learned tip: pat the pork very dry first. This helps the seasoning stick and gives a great sear.)

**Step 2** Rub the spice mix all over the pork. Use your hands for this. Make sure to cover every single side. Heat oil in a skillet until it shimmers.

**Step 3** Now, sear the pork in the hot skillet. Brown it on all sides and the ends. This step adds so much delicious flavor. Then move the pork

to the foil.

**Step 4** Place little squares of butter on top. Wrap the foil tightly around the pork. Roast it for 20 to 30 minutes. Use a meat thermometer to check for doneness.

**What is the best tool to check if meat is done?** Share below!

**Step 5** Take the pork out of the oven. Sprinkle fresh parsley over the top. Let it rest for five full minutes. Then slice it against the grain and serve.

**Cook Time:** 20-30 minutes

**Total Time:** 40 minutes

**Yield:** 4 servings

**Category:** Dinner, Main Dish

## Three Tasty Twists on This Classic

Love this recipe? Try these fun changes. They keep dinner exciting and new. My family loves testing these variations.

**Sweet and Smoky** Use brown sugar and smoked paprika in the rub. It gives a sweet, barbecue-like taste.

**Herb Garden Fresh** Skip the dried herbs. Use fresh rosemary and thyme instead. The flavor is amazing.

**Creamy Mustard Sauce** Make a simple sauce after searing. Whisk cream and mustard into the pan drippings.

**Which spin would you try first? Let me know in the comments!**

## How to Serve Your Perfect Pork

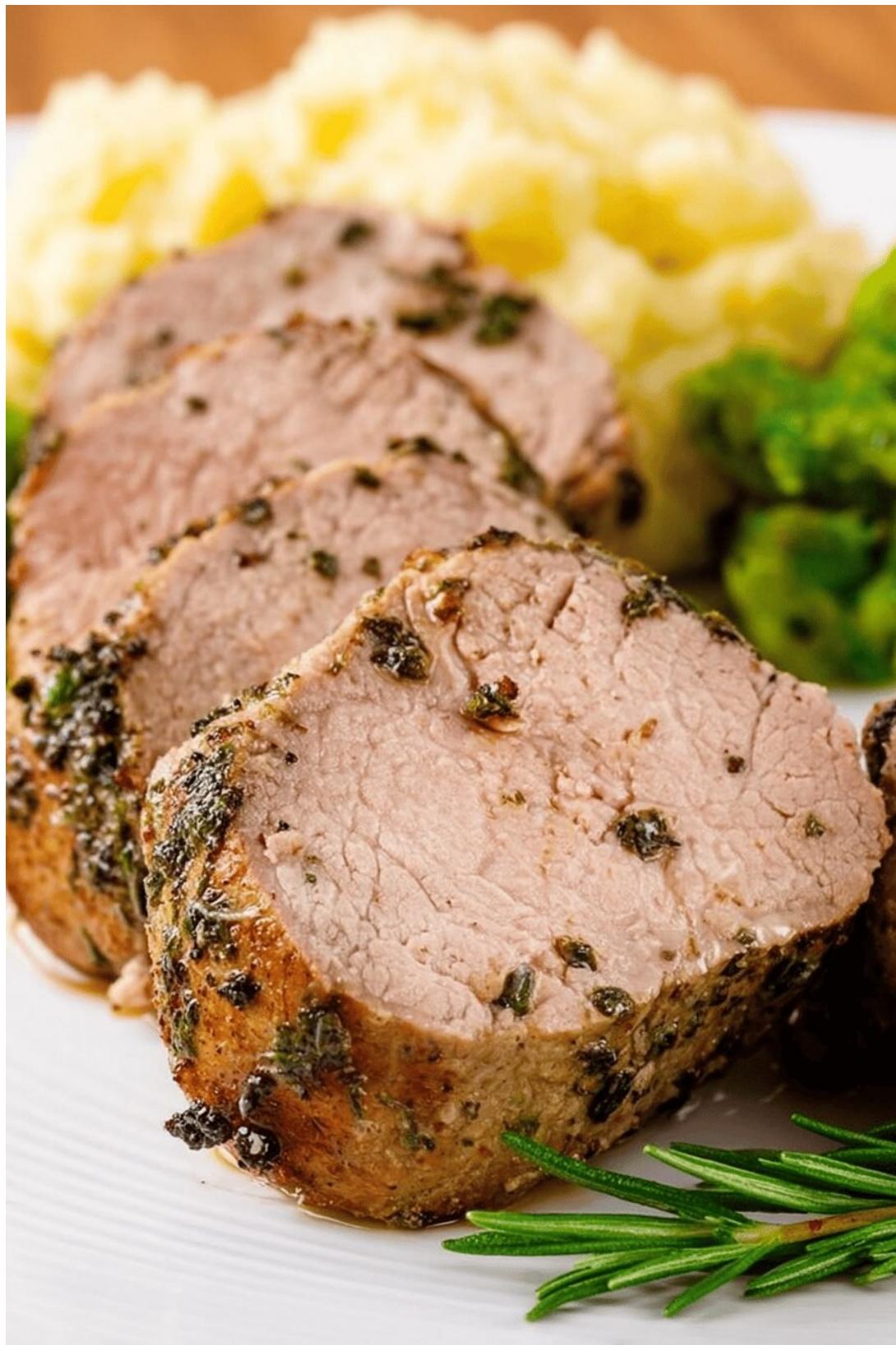
This tenderloin pairs well with so many sides. I love simple, fresh foods with it. They balance the rich, savory meat.

See also [Classic Tuna Melt Recipe for Easy Lunch](#)  
Try roasted carrots and potatoes cooked alongside the pork. Buttery

mashed potatoes are another family favorite. A crisp green salad adds a fresh crunch.

For drinks, try a glass of chilled apple cider. A pale ale also goes very well with the spices.

**Which would you choose tonight? The cider or the ale?**



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### Storing Your Leftovers

Cool your pork completely before storing. It keeps in the fridge for three days. For longer storage, freeze it for up to three months. Reheat slices in a skillet to keep them juicy. You can also reheat it in the oven at 350°F.

This dish is great for batch cooking. Make two tenderloins at once for easy meals later. My family loves having it ready for busy nights. What is your favorite meal to prep ahead?

### Simple Troubleshooting Tips

Is your pork dry? You likely cooked it too long. Use a meat thermometer for perfect results every time. Is the seasoning not sticking? Pat the meat very dry first. This helps the rub stick to the surface.

Not getting a good sear? Make sure your pan is very hot. A good sear locks in all those tasty juices. This matters because it builds flavor in every single bite. Did you face any other issues with this recipe?

### Your Questions Answered

**Q: Is this recipe gluten-free?** A: Yes, it is naturally gluten-free. Just check your spice labels to be safe.

**Q: Can I make it ahead?** A: You can mix the dry rub days early. This saves you time on a busy weeknight.

**Q: What herb can I swap for parsley?** A: Try using dried oregano or thyme instead. Both will taste wonderful with the pork.

**Q: Can I double this recipe?** A: Absolutely! Use two pans to sear the tenderloins. Or sear them one after the other.

**Q: Why rest the meat after cooking?** A: Resting lets the juices settle back into the meat. This matters because it gives you a much more tender bite.

See also Spaghetti Sauce II Recipe

## A Final Note

I hope this recipe becomes a trusted favorite in your home. It is a simple way to make any night feel special. I would love to see your beautiful results. Please share your photos and tag **@SavoryDiscovery on Pinterest**. Happy cooking! —Elowen Thorn.

You need to try this!



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# Pork Tenderloin Main Dish Recipe

Author: Elowen Thorn

Cooking Method:[Oven Stovetop](#)



Courses:[Main](#)

Difficulty: **Beginner**

Prep time: **20 minutes**

Cook time: **20 minutes**



## Pork Tenderloin Main Dish Recipe | 20

Rest time: **5 minutes**

Total time: **40 minutes**

Servings: **4 servings**

Calories: **321 kcal**

**Best Season: Summer**

## **Description**

This pork tenderloin comes out juicy, flavorful, and ready in just forty

minutes. It's perfect for easy dinners or special meals.

## Ingredients

- 24 ounces pork tenderloin
- 2 teaspoons garlic powder
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 tablespoon dried parsley
- 1 teaspoon onion powder
- 1 tablespoon olive oil
- 3 tablespoons salted butter ((cut into 1 tablespoon squares))
- ¼ cup fresh parsley ((finely chopped))

## Instructions

1. Preheat the oven to 400°F and line a baking sheet with aluminum foil. Set it aside.
2. In a medium bowl, combine garlic powder, salt, pepper, dried parsley, and onion powder. Whisk to combine.
3. Pat pork tenderloin dry with paper towels. Sprinkle seasoning mixture on all sides, and on the ends of the pork. Rub into the pork with your fingers to evenly distribute seasonings.
4. In a large skillet over medium heat, add olive oil. Once olive oil is hot and shimmering, add the pork tenderloin and sear the pork until browned on all sides. Once browned on all sides and ends, remove from the skillet and place on the aluminum foil.
5. Place 3 squares of butter evenly spaced on top of the pork tenderloin and wrap aluminum foil tightly around the sides, top, and edges.
6. Place in the oven and let roast for 20 to 30 minutes, or until the

internal temperature reaches between 145 to 160°F in the middle of the tenderloin when tested with a meat thermometer.

7. When the pork tenderloin reaches the desired temperature, remove it from the oven, sprinkle fresh parsley over the top, and tent with aluminum foil.
8. Allow meat to rest for 5 minutes before slicing against the grain to serve.

## Notes

Ensure the pork reaches a safe internal temperature of 145°F for medium-rare or up to 160°F for well-done. Letting it rest is crucial for juicy results.

Keywords:Pork, Tenderloin, Dinner, Main Dish