



Pork Tenderloin with Dijon Cream Sauce

Ingredients:

- 1 ½ lbs pork tenderloin
- 1 tsp salt
- ½ tsp black pepper
- 1 tsp garlic powder
- 1 tbsp olive oil
- 2 tbsp butter
- 2 cloves garlic, minced
- ½ cup chicken broth
- ½ cup heavy cream
- 2 tbsp Dijon mustard
- 1 tsp Worcestershire sauce
- 1 tsp fresh thyme (or ½ tsp dried)
- 1 tbsp chopped parsley (for garnish)

Instructions:

1. **Preheat oven** to 400°F (200°C).
2. **Season the pork** with salt, pepper, and garlic powder.

3. **Sear the pork:** Heat olive oil in an oven-safe skillet over medium-high heat. Sear the pork on all sides until golden brown (about 2 minutes per side).
4. **Roast:** Transfer skillet to the oven and roast for 15-20 minutes or until the internal temperature reaches 145°F (63°C). Remove from oven and let rest while making the sauce.
5. **Make the Dijon cream sauce:** In the same skillet, melt butter over medium heat. Add garlic and sauté for 30 seconds until fragrant. Pour in chicken broth, scraping up any browned bits. Stir in heavy cream, Dijon mustard, Worcestershire sauce, and thyme. Simmer for 3-4 minutes until slightly thickened.
6. **Slice and serve:** Slice the pork and drizzle with the Dijon cream sauce. Garnish with fresh parsley and serve warm.