



EVERYTHING
Herbal

— by Cheryl Jabz —

Herbs. Health. Healing. Naturally.

Garlic Herb PORK TENDERLOIN

• JUICY • TENDER • FULL OF FLAVOR •

A savory, herb-packed pork tenderloin with
garlic goodness and a hint of butter.
Perfect for any night of the week!



SIMPLE
INGREDIENTS
AMAZING
RESULTS!

INGREDIENTS:

- ✦ 1 pork tenderloin (1–1½ lbs)
- ✦ 2 tbsp olive oil
- ✦ 3 tbsp butter
- ✦ 4 garlic cloves, minced
- ✦ 1 tsp salt & ½ tsp black pepper
- ✦ 1 tsp paprika &
1 tsp dried rosemary
- ✦ 1 tsp dried thyme & 1 tsp parsley
- ✦ ½ tsp onion powder

Optional:

baby potatoes, carrots,
or onions for roasting



INSTRUCTIONS:

- 1 Preheat oven to 400°F. Pat pork tenderloin dry.
- 2 In a small bowl, mix salt, pepper, paprika, rosemary, thyme, parsley, and onion powder.
- 3 Rub pork with olive oil, then coat with herb seasoning.
- 4 Heat a skillet over medium-high heat. Sear pork 2–3 minutes per side until golden brown.
- 5 Add butter and garlic to the skillet and spoon over pork.
- 6 Transfer skillet to oven and roast 15–20 minutes, or until internal temperature reaches 145°F.
- 7 Let rest 5–10 minutes before slicing.



OPTIONAL GARLIC HERB BUTTER

Melt together: 2 tbsp butter
~ 1 garlic clove minced
~ Pinch parsley & thyme.
Drizzle over sliced pork
before serving.



GREAT SIDE IDEAS

Garlic herb potatoes
Roasted sweet peppers & onions
Buttered green beans
Wild rice
Herb mashed potatoes



FRESH HERB VERSION

If using fresh herbs:
1 tbsp fresh rosemary ~
1 tbsp fresh thyme ~
2 tbsp fresh parsley

*Fresh herbs give the pork
a brighter garden flavor.*

Good Food ♥ Good Herbs ♥ Good Life

Cheryl Jabz

HERBALIST | AUTHOR | WELLNESS ADVOCATE



VISIT MY WEBSITE
WWW.EVERYTHINGHERBALBYCHERYLJABZ.COM

Herbal wisdom for everyday living.



PRINT
for your collection



SAVE
for later



SHARE
with others



DOWNLOAD
THIS RECIPE

DOWNLOAD
THIS RECIPE



SCAN ME

Scan to visit my website
for more herbal recipes,
resources & inspiration!