Roasted Pork Tenderloin with Zucchini Noodles

A lean, flavorful roasted pork tenderloin paired with lightly sautéed zucchini noodles for a low-carb, high-protein meal perfect for weight loss.

Servings: 2 **Time:** 35 minutes

Ingredients

- 1 lb pork tenderloin
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp smoked paprika
- ½ tsp salt
- ½ tsp black pepper
- 2 medium zucchinis, spiralized
- 1 tbsp butter
- 2 cloves garlic, minced
- ¼ tsp crushed red pepper flakes (optional)
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)

Instructions

1. Preheat oven to 400°F.
2. In a small bowl, mix garlic powder, smoked paprika, salt, and black pepper.
3. Rub the pork tenderloin with olive oil and coat evenly with the spice mixture.
4. Place the pork on a baking sheet and roast for 20-25 minutes or until internal temperature reaches 145°F.
5. Remove pork from oven, tent with foil, and let rest for 5 minutes.
6. While pork rests, heat butter in a large skillet over medium heat.
7. Add minced garlic and sauté for 30 seconds until fragrant.
8. Add zucchini noodles, crushed red pepper flakes (if using), salt, and pepper.
9. Cook noodles for 3-4 minutes, stirring occasionally, until just tender but not mushy.
10. Slice the rested pork tenderloin and serve over the zucchini noodles.
11. Garnish with fresh parsley before serving.

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