Herb-Roasted Pork Tenderloin with Garlic Green Beans

Juicy herb-infused pork tenderloin oven-roasted to perfection, paired with tender green beans sautéed in garlic and olive oil for a wholesome, low-carb meal.

Servings: 2 **Time:** 40 minutes

Ingredients

- 1 lb pork tenderloin
- 1 tbsp olive oil
- 1 tsp dried rosemary
- 1 tsp dried thyme
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp black pepper
- 8 oz fresh green beans, trimmed
- 2 cloves garlic, minced
- 1 tbsp butter
- Salt and pepper to taste
- Lemon wedge (optional)

Instructions

1. Preheat the oven to 400°F.
2. In a small bowl, mix olive oil, rosemary, thyme, garlic powder, salt, and black pepper.
3. Rub the herb mixture evenly over the pork tenderloin.
4. Place the pork on a baking sheet lined with foil or parchment paper.
5. Roast the pork in the oven for 20-25 minutes, or until the internal temperature reaches 145°F.
6. While the pork roasts, bring a pot of water to boil and blanch green beans for 3 minutes, then drain.
7. Heat butter in a skillet over medium heat, add minced garlic and sauté until fragrant (about 1 minute).
8. Add the blanched green beans to the skillet, season with salt and pepper, and sauté for 3-4 minutes until tender-crisp.
9. Remove pork from the oven, let rest for 5 minutes before slicing.
10. Serve sliced pork tenderloin alongside garlic green beans, garnish with a squeeze of lemon if desired.

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