

# Mustard Pork Loin with Thyme-Roasted Carrots



## Ingredients:

2 lbs. pounds pork loin  
2 T. Dijon mustard  
2 T. sugar-free whole grain  
mustard  
1 T. extra virgin olive oil  
Salt and pepper, to taste

## Ingredients cont.:

1 lb. tri-color baby carrots  
2 garlic cloves, minced  
2 T. balsamic vinegar  
1 T. coconut oil, melted  
2 T. fresh thyme leaves  
Salt and pepper, to taste

## Directions:

1. Preheat your oven to 400 degrees F and line a large, rimmed baking sheet with a piece of parchment paper. Place the pork loin in the center of the lined baking sheet and set aside.
2. In a small glass or other non-reactive bowl, combine the Dijon and whole-grain mustard with the olive oil. Massage the pork loin with the mustard mixture, then sprinkle both sides with salt and pepper, to taste.
3. Place the baby carrots in a large bowl and add the garlic, balsamic vinegar, coconut oil, and fresh thyme. Season with salt and pepper, to taste, and toss to combine.
4. Spread the carrots in a single layer around the seasoned pork tenderloin on the baking sheet and pour any remaining juices from the bowl on top.
5. Cook for 20 minutes, then remove the baking sheet from the oven and flip the pork. Cook for another 15-20 minutes, or until the pork reaches an internal temperature of at least 145° for medium-rare and the carrots are nicely caramelized.

**natural**  
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Prep time: 10 minutes  
Cook time: 40 minutes  
Serves: 4 - 6

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## Directions (continued):

6. Remove from oven and let pork loin rest for 3-5 minutes before slicing. Serve warm with roasted baby carrots. Enjoy!

## Nutritional information (per serving)

Calories: 286

Protein: 35g

Carbohydrates: 9g

Dietary Fiber: 3g

Fat: 11.7g



. "It's not enough to eat  
veggies and do yoga.  
You also must work on  
healing the stress and  
anger in your life." -  
Karen Salmansohn