# 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.:

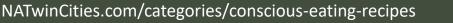
Ib. tri-color baby carrots
 garlic cloves, minced
 T. balsamic vinegar
 T. coconut oil, melted

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.

Continue next page ....



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



# Mustard Pork Loin with Thyme-Roasted Carrots



# **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