

Pepper Crusted Pork Tenderloin, Vegetables and Brown Rice
(serves 4)

2 small pork tenderloins 14-16 oz each
2 C brown rice (save the leftover for lunch tomorrow)
3 C water
2 T olive oil
2 1/2 cups frozen peas
12 pearl onions peeled and quartered (or 1 white onion)
1 cup carrot sliced
1 clove of garlic chopped fine
1 T Dijon mustard (or brown spicy mustard)
2 T fresh parsley chopped
S and P to taste

1. In a medium sauté pan over high heat add 2 tsp. olive oil.
2. Heavily season pork with pepper and normal amount of salt.
3. Carefully place pork into hot pan and cook on all sides for 3 minutes until light brown.
4. Place rice and water in a small pot and bring to a boil. Reduce heat to a simmer and cook for 20 minutes.
5. Place the pork in a 400 degree oven for 6-7 minutes, take out and allow to rest/cool.
6. In medium sauté pan over medium heat add 1 tspn. olive oil, add onion and reduce heat to medium low and cook for 7-8 minutes till onions are soft and translucent. Add carrots and cook an additional 4 minutes. Add garlic and stir to combine.
7. Add peas and cover. Cook 4 more minutes and remove lid. Add mustard and parsley and whisk to combine. TASTE.
8. Add 1/2 cup of rice and toss. TASTE.
9. Slice pork, place vegetables and rice on plate and lay pork across. Drizzle remaining liquid on top.