

## Decision Day 4 (Dinner)

### Pepper Crusted Pork Tenderloin and Spring Vegetables (serves 4)

2 small pork tenderloins 14-16 oz each  
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  
1/4 cup chicken stock or water  
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 in 400 degree oven on a roasting rack for 6-7 minutes, take out and allow to rest/cool.
5. In the same sauté pan over medium heat (making sure there are no burned pieces from pork) 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.
6. Add chicken stock or water and peas and cover. Cook 4 more minutes and remove lid. Add mustard and parsley and whisk to combine. TASTE.
7. Slice pork, place vegetables on plate and lay pork across. Drizzle remaining liquid on top.