



## *Pork Tenderloin with Creamy Mustard Sauce*



### **Ingredients:**

- 2 pork tenderloins, 1lb each
- 1 tsp salt
- 1 tsp pepper
- 2 TBLS oil (vegetable, canola, or olive oil)

### **Ingredients Creamy Mustard Sauce:**

- ½ cup heavy cream
- 1 TBLS Dijon mustard
- 1 TBLS whole grain mustard
- 2 tsp tarragon , finely chopped
- 2 tsp parsley , finely chopped
- ½ tsp salt
- ½ tsp pepper
- 1 - 2 TBLS water, as needed

### **Method:**

1. Preheat oven to 390°F. Place a rack over a tray (for resting the cooked meat).
2. Sprinkle the tenderloins all over with salt and pepper.
3. Heat oil in a large ovenproof skillet over medium-high heat. Sear pork all over until golden. This takes around 5 minutes on all four sides.
4. Transfer the skillet to the oven, and bake for 12 - 15 minutes or until an instant read thermometer reads 149°F for a perfect medium, for optimum juiciness. For no pink, add 3 minutes cooking and target an internal temperature of 155°F.
5. Remove pork from skillet and transfer to the resting rack for 5 minutes.
6. Return same skillet to the stove over medium heat. Add cream and both mustards. Mix well, scraping the bottom of the pan to dissolve any golden bits stuck to the base of the pan into the sauce. Once it becomes hot but not simmering, stir in salt, pepper, tarragon, and parsley. If the sauce seems too thick, thin with a little water as needed.
7. Slice into 1" - 2" slices. Serve with Creamy Mustard Sauce!