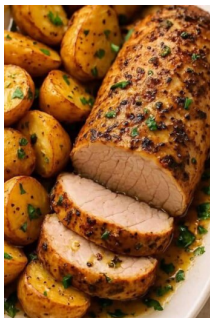


Garlic Herb Pork Tenderloin with Roasted Potatoes - A One-Pan Dinner Dream

Garlic Herb Pork Tenderloin with Roasted Potatoes - Juicy, Golden & One-Pan Easy



OVEN
425°F

TIME
30 min

TEMP
145°F

METHOD
Air fryer

INGREDIENTS

For the Pork Tenderloin:

1-1.5 lb pork tenderloin

2 tbsp olive oil

3 garlic cloves, minced

1 tsp dried rosemary

1 tsp dried thyme

$\frac{1}{2}$ tsp salt

$\frac{1}{2}$ tsp ground black pepper

1 tbsp Dijon mustard

For the Roasted Potatoes:

1 lb baby potatoes, halved

1 tbsp olive oil

Salt, pepper, garlic powder (to taste)

Fresh parsley (optional, for garnish)

DIRECTIONS

1. Preheat & Prep: Preheat oven to 425°F (218°C).
2. Line a rimmed baking sheet with parchment paper or foil for easy cleanup.
3. Season the Pork: In a small bowl, mix the olive oil, garlic, rosemary, thyme, salt, pepper, and Dijon mustard.
4. Rub this mixture evenly over the entire pork tenderloin.
5. Prep the Potatoes: In a separate bowl, toss halved baby potatoes with olive oil, salt, pepper, and garlic powder.
6. Spread potatoes around the pork on the sheet pan.
7. Roast: Roast for 25-30 minutes, or until pork reaches an internal temp of 145°F (63°C) and potatoes are tender and golden.
8. Let pork rest for 5-10 minutes before slicing to retain juices.
9. Serve: Sprinkle with chopped parsley if desired.
10. Serve hot with a side salad or steamed green beans.

SWAPS & NOTES

Use triple the amount if subbing fresh for dried.

Yukon Gold or red potatoes cut into chunks work just as well.

Spice it up: Add a pinch of crushed red pepper flakes or smoked paprika.

Swap the potatoes for chunks of roasted cauliflower or radishes.

TIPS FOR SUCCESS

Use a meat thermometer for perfect doneness-145°F ensures the pork stays juicy.

Let the pork rest before slicing so juices redistribute.

Slice potatoes evenly for consistent roasting .

Double the garlic herb mixture and save half to brush on pork after cooking for extra flavor!

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/garlic-herb-pork-tenderloin-with-roasted-potatoes-a-one-pan-dinner-dream/>