

Pan Roasted Pork Tenderloin with Flax Crust

1 lb.	pork tenderloin	500	g
1/3 cup	canola oil	75	mL
2 tbsp.	balsamic vinegar	25	mL
1	clove garlic, minced	1	
1 tbsp.	chopped fresh herbs (thyme, oregano, basil, parsley)	15	mL
½ cup	whole flaxseed	125	mL
2 tbsp.	unbleached all purpose flour	25	mL
1 tbsp.	chili powder	15	mL
1 ½ tsp.	cumin seeds, toasted and ground	7	mL
	salt and pepper to taste		

- In a bowl, combine oil, vinegar, garlic and herbs. Add tenderloin. Turn to coat.
- Cover and refrigerate 4 to 6 hours.
- Lay a sheet of wax paper on counter. On paper, combine flaxseed, flour, chili powder, cumin, salt and pepper.
- Preheat oven to 375° F (190 ° C).
- Drain tenderloin and roll in seed mixture to coat.
- Heat a cast iron skillet over medium high heat. Add tenderloin and sear on all sides until browned, about 3 minutes.
- Place pan in oven, roast uncovered until internal temperature reaches 160° F (71° C), about 25 minutes.
- Remove from oven.
- Place tenderloin on cutting board and let rest 5 minutes.
- Cut tenderloin crosswise into 24 slices

*To toast cumin seeds heat in small skillet over medium heat for 1 ½ minutes or until seeds turn a darker shade and are fragrant. Grind with a blunt wooden or metal object.

*Any oven-proof skillet can be used.

Yield: 4 servings

Serving Size: 6 slices

Single Serving Nutrient Values

Calories	457.97	
Protein	31.38	g
Carbohydrate	12.95	g
Fiber	7.62	g
Fat	34.81	g
Saturated	7.76	g
Monounsaturated	16.29	g
Polyunsaturated	9.06	g
Cholesterol	82.50	mg
Folate	13.03	mcg
Potassium	673.42	mg
Sodium	333.26	mg

