



HOME CHEF

# Herbes de Provence Pork Tenderloin

With Zucchini and Yellow Squash



This pork tenderloin packs flavor from the herbs of Provence—a region in France known for its mixture of dried herbs. You'll pan-sear the pork, coat it in herbs, and finish it in the oven to form a crispy crust on the outside and a succulent inside. It's served alongside a medley of vegetables, including zucchini, yellow squash, and red bell peppers.

## OVERVIEW



TIME TO PREPARE



EASY RECIPE



DAYS BEST COOKED BY

## NUTRITION

Calories: 483  
Carbohydrates: 19g  
Fat: 24g  
Protein: 47g  
Sodium: 969mg  
*per serving*

## DIETARY



LOW CALORIE



LOW CARB



GLUTEN-FREE



NUT-FREE



SOY-FREE

## DRINK PAIRING

When in Provence, have a glass of rosé. This pink variety pairs wonderfully with anything from seafood to steak, and the dry varieties are especially refreshing at mealtime.

## INGREDIENTS

1 Zucchini  
1 Yellow Squash  
1 Red Bell Pepper  
2 oz. Green Olives  
3 Garlic Cloves  
3 Parsley Sprigs  
1 Pork Tenderloin  
1 tsp. Dijon Mustard  
2 tsp. Herbes de Provence  
4 oz. White Cooking Wine  
2 Tbsp. Butter

## WHAT YOU NEED

Olive Oil  
Salt  
Pepper  
Cooking Spray

## EQUIPMENT

Baking Sheet  
Large Oven-Safe Nonstick Pan

## DID YOU KNOW?

Herbes de Provence is a mixture of dried herbs from the Provence region in France. While only bubbly wine from the Champagne region in France can be called Champagne, the Provence region is not geographically protected—there's no guarantee that the herb blend you buy is from this region. Typical Herbes de Provence blends consist of marjoram, rosemary, oregano, savory, and thyme.

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## Prepare the Ingredients

Preheat oven to 425 degrees. Thoroughly rinse produce and pat dry. Trim the ends and cut **zucchini** and **yellow squash** into  $\frac{1}{2}$ " dice. Stem, seed, and dice **red bell pepper** into  $\frac{1}{2}$ " pieces. Halve the **green olives**. Mince **garlic**. Stem and coarsely chop **parsley**. Rinse **pork tenderloin**, pat dry, and season with a pinch of **salt and pepper**.

## Roast the Vegetables

Prepare baking sheet with foil and **cooking spray**. Place **zucchini**, **yellow squash**, **red pepper**, and **garlic** on baking sheet. Drizzle with 2 tsp. **olive oil** and a pinch of **salt and pepper**. Toss to evenly coat. Place **vegetables** in oven for 20-25 minutes, or until vegetables are tender and slightly browned. Remove from oven and sprinkle on **olives** and **parsley**. Set aside.

## Sear the Pork Tenderloin

While vegetables cook, place a large oven-safe pan over medium-high heat. Add 1 tsp. **olive oil** into hot pan. Add **pork tenderloin** to pan and brown on all four sides, about 2 minutes per side. Remove from heat and spread **Dijon mustard** on the side of the pork that's facing up with the back of a spoon or with a rubber spatula.

## Roast the Pork Tenderloin

Sprinkle the mustard-covered part of **pork tenderloin** with **herbes de Provence**. Drizzle herb crust with 1 tsp. **olive oil**. Place pan in oven and roast for 12-15 minutes, or until pork tenderloin reaches a minimum internal temperature of 145 degrees. Remove from pan and set aside to rest. Reserve pan and **pan drippings** for next step.

## Prepare the Sauce

Return pan to medium-high heat. Add **wine** and 3 Tbsp. **water** to pan. Bring to a boil and reduce liquid by half, about 3-4 minutes. Remove from heat, swirl in **butter**, and season to taste with **salt and pepper**.

## Plate the Dish

Place a pile of **vegetables** on plate. Slice **pork** and lay up against vegetables. Sauce pork and vegetables with the **pan sauce**.