

Pork

Garlic Butter Pork Tenderloin Recipe

Perfectly cooked in a garlicky butter sauce, this garlic butter pork tenderloin recipe is going to have you reaching for seconds. Simple enough for a quick weeknight dinner but looks fancy enough for a holiday dinner.

Course dinner, Main Course

Cuisine American

Keyword garlic butter pork, Pork Tenderloin, pork tenderloin recipe

Prep Time 5 minutes minutes

Cook Time 25 minutes minutes

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Total Time 30 minutes minutes

Servings 8 people

Calories 303kcal

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Ingredients

- 2 pounds pork tenderloin
- Salt and pepper to taste
- $\frac{1}{4}$ cup unsalted butter softened
- 1 tablespoon chopped fresh parsley plus additional for topping
- 1 tablespoon fresh thyme remove leaves from the stem
- 2 cloves garlic minced
- $\frac{1}{2}$ teaspoon onion powder
- 1 tbsp olive oil

Instructions

Preheat oven to 425 degrees.

Pat pork dry with paper towels.

Season all sides of the tenderloin with salt and black pepper. Set aside

In a small bowl add butter, parsley, thyme, garlic and onion powder. Mix well to combine all the ingredients together. Set aside.

In a cast iron skillet, heat 1 tablespoon of olive oil over medium heat.

Add the pork to the skillet and sear for 2-3 minutes each side. This part is important to give the pork a brown crust.

Remove skillet from the heat. Using a fork or spoon, spread the garlic butter mixture over the top of the pork.

Transfer skillet to the oven and bake for 20-25 minutes or until the pork reaches an internal temperature of 145 degrees.

Remove from oven and let rest for 5 minutes.

Slice pork into 1-inch thick slices and serve.

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