



MUSTARD CRUSTED PORK WITH LENTILS

Ingredients

- 1 lb baby carrots
- 5 1/2 tablespoons olive oil, divided
- 1 1/4 lb pork tenderloin
- 2 tablespoons Dijon mustard, divided
- 1/4 cup fine dry breadcrumbs
- 2 garlic cloves
- 2 fresh thyme sprigs (I used dried thyme and added fresh rosemary)
- 2 x 15 ounce cans of lentils, rinsed and drained
- 2/3 cup of reduced sodium chicken broth

Directions

Preheat oven to 425 F

Toss carrots with 2 tablespoons oil and 1/4 teaspoon each of salt & pepper in a shallow baking pan and roast while preparing pork.

Pat pork dry and sprinkle with 1/2 teaspoon of salt. Heat 1 tablespoon oil in a 12 inch heavy skillet over medium-high heat until it simmers, then brown pork all over, about 3 minutes total.

Put pork on a work surface and brush with 1 tablespoon of mustard. Stir together bread crumbs and 1/2 tablespoon of oil, then press onto mustard coated pork to form a crust.



Transfer pork to pan with carrots and roast until carrots are brown and tender and thermometer reads 140-145 degrees Fahrenheit, 15-22 minutes. Let pork stand 5 minutes, keep carrots warm or continue roasting if needed.

While pork roasts, heat remaining 2 tablespoons of oil with garlic & thyme in a small saucepan until fragrant, about 1 minute. Stir lentils, broth, and remaining tablespoon of mustard and cook until heated through. Season with salt & pepper. Serve pork with carrots and lentils.