

Dill-crusted Pork Tenderloin with Farro, Peas, and Blistered Tomato Salad

Serves 4

- 2 garlic cloves, finely chopped
- 5 T coarsely chopped dill, divided
- 2 T finely grated lemon zest, divided
- 3 T fresh lemon juice, divided
- 6 T olive oil, divided
- 2½ tsp kosher salt, divided
- ½ tsp freshly ground black pepper
- 1 (675 g) pork tenderloin
- 225 g (25-30) cherry tomatoes
- 3 C (loosely packed) arugula (about 85 g)
- 370 cooked whole quinoa*
- 113 g frozen peas, thawed
- 56 g (loosely packed) crumbled feta (about 56 g) (or Gruyere is good)
- Flaky sea salt (optional)



1. Preheat oven to **220°C**.
2. Mix **garlic**, **2 T dill**, **1 T lemon zest**, **1 T lemon juice**, **1 T oil**, **1 1/2 tsp kosher salt**, and **pepper** in a small bowl with a fork to create a paste. Pat pork tenderloin dry and rub with paste.
3. Heat **1 T oil** in a large ovenproof skillet over medium-high.
4. Sear pork, turning occasionally, until golden brown on all sides, **10–12 minutes**.
5. Add **tomatoes**, then transfer to oven and roast until an instant-read thermometer inserted into the thickest part of pork registers **63°C** and tomatoes are lightly blistered and softened, **about 10 minutes**.
6. Transfer pork to a cutting board and let **rest at least 5 minutes before slicing**.
7. Meanwhile, whisk remaining **159 ml olive oil**, **2 T lemon juice**, and **1 tsp kosher salt** in a medium bowl.
8. Add **arugula**, **quinoa***, **peas**, **feta**, and remaining **3 T dill** and **1 T lemon zest**; toss well to combine (arugula will wilt slightly when dressed). Gently fold in roasted **tomatoes**.
9. Slice pork and transfer to a platter; season with sea salt, if using. Serve with quinoa salad alongside.

Do Ahead

Pork can be marinated 4 hours ahead; keep chilled. Let sit at room temperature 30 minutes before cooking.

* Note

Can substitute wheat berries, farro, barley for farro