

## **Pork Tenderloin with Roasted Vegetables & Yogurt-Mustard Sauce**

Serves 2

### **Ingredients**

#### **Pork & Vegetables**

- Pork tenderloin (filet) – 208 g (1 small Japanese-size block)
- めいくいん potato – 1 medium (≈150 g), cubed
- Zucchini – 1 small (≈120 g), cut into thick half-moons
- Cherry tomatoes – 6–8 pieces (≈100 g), halved
- Red onion – 1/2 medium (≈60 g), sliced
- Walnuts – 10 g (≈1 Tbsp), roughly chopped
- Olive oil – 1 Tbsp (15 ml), divided
- Balsamic vinegar – 1 tsp
- Garlic – 1 clove, minced (optional)
- Rosemary or thyme – 1/2 tsp dried
- Black pepper – to taste

#### **Yogurt-Mustard Sauce**

- Greek yogurt (plain, unsweetened) – 2 Tbsp (30 g)
- Dijon mustard (or karashi) – 1 tsp
- Honey – 1/2 tsp (optional)
- Lemon juice or rice vinegar – 1/2 tsp
- Black pepper – pinch



### **Instructions**

1. **Preheat oven** to **200 °C**. Line a baking tray with parchment.
2. **Prepare vegetables:** Toss **potato, zucchini, onion, tomatoes**, and **walnuts** with **olive oil, balsamic, herbs, garlic**, and **pepper**. Spread in single layer on tray.
3. **Prepare pork:** Rub **pork** lightly with a touch of **oil** and **pepper**. Nestle into tray with vegetables.
4. **Roast:** **Bake 22–25 minutes**, until pork reaches **63–65 °C** (slightly pink, juicy) and potatoes are tender.
5. **Rest pork:** Remove pork, **rest 5 minutes**, then slice into medallions.
6. **Make sauce:** While pork rests, mix **yogurt, mustard, honey, lemon juice**, and **pepper** until smooth.
7. **Serve:** Plate pork medallions over roasted vegetables. Drizzle lightly with yogurt–mustard sauce, garnish with pan juices if desired.

### **Nutrition (per serving)**

#### **Without Sauce**

- Kcal: ~375 kcal
- Protein: ~27 g
- Fat: ~20 g
  - Sat. Fat = ~3 g
- Carbs: ~24 g
  - Sugars = ~6 g
- Fiber: ~4 g
- Sodium: ~300–350 mg
- Omega-3: ~0.5 g

**With Sauce** (≈1 Tbsp per person)

- Kcal: ~395 kcal
  - Protein: ~29 g
  - Fat: ~20.5 g
    - Sat. Fat = ~3.2 g
  - Carbs: ~26 g
    - Sugars = ~7 g
  - Fiber: ~4 g
  - Sodium: ~350–400 mg
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🌟 This version keeps the pork **juicy** by roasting it whole, balances the dish with buttery めい＜いん potato, zucchini, tomatoes, walnuts, and adds a bright **yogurt–mustard drizzle** that doesn't overload sodium or calories.