

## Paprika Baked Pork Tenderloin with Potatoes & Broccoli

Servings: 2

### 🍌 Main Dish

- 340 g May Queen potatoes, scrubbed and cut into 2-cm chunks
- ½ medium red onion (about 80 g), cut into wedges
- 1 T + 1 tsp olive oil, divided
- ½ tsp salt, divided
- 200 g broccoli florets
- 1 tsp grated garlic paste (にんにくチューブ) or 1 small clove fresh garlic, finely minced
- 1 tsp smoked paprika (or ½ tsp paprika + ½ tsp chili powder if unavailable)
- ¼ tsp ground pepper, divided
- 1 tsp Dijon mustard
- ½ tsp coconut aminos (optional, adds umami)
- 1 pork tenderloin (≈ 450 g), trimmed



### 🌶️ Red Pepper Sauce

- 1 medium red bell pepper (パプリカ), roasted manually (see instructions below)
- 2 T plain Greek yogurt
- 1 tsp olive oil
- ½ tsp lemon juice (or mild rice vinegar if preferred)
- Pinch smoked paprika (optional)
- Salt & pepper to taste

### How to Roast the Red Pepper (Oven Method)

1. Halve and seed the **pepper**; place cut-side down on aluminum foil or parchment.
2. Roast in a small oven at **230°C** for **10–12 minutes** until skin blisters and blackens slightly.
3. Remove and cover loosely with foil or place in a covered bowl for **5 minutes**. Peel off the skin and chop.

*Alternative: Grill over a gas flame for 2–3 minutes per side until charred, then peel.*

### Instructions

1. Preheat oven to **220°C**. Line a baking tray with parchment or foil.
2. In a bowl, toss **potatoes** and **onion** with **1 T olive oil** and **¼ tsp salt**. Spread on tray and **roast 15 minutes**.
3. Combine **paprika**, **¼ tsp salt**, and **¼ tsp pepper**. Rub pork with **1 tsp Dijon mustard** and coat with spice mix.

4. Toss **broccoli** with **1 tsp olive oil** and a **pinch of salt**. After the first 15 minutes, push potatoes to one side, add pork to center, and broccoli to other side.
5. Spoon the **grated garlic** over the broccoli or wrap it in foil for a milder flavor.
6. Roast all together for 20–25 minutes, until pork reaches **63–65°C** internally.

**Make the sauce:**

7. Blend **roasted pepper**, **yogurt**, **olive oil**, and **lemon juice** until smooth. Season with **salt**, **pepper**, and b.
8. **Let pork rest for 5 minutes** before slicing. Serve with vegetables and red pepper sauce.

**Nutrition (per serving, approx.)**

Kcal: ~420 | Protein: ~41 g | Fat: ~18 g | Sat. Fat: 3 g | Carbohydrates: ~28 g | Sugars: 6 g | Fiber: 5 g | Sodium: ~420 mg | Omega-3: ~0.1 g

**Notes**

- Using にんにくチューブ is fine — 1 tsp ≈ 1 small clove.
- For a creamier, less tart yogurt sauce, stir in ½ tsp honey or ½ Tbsp yogurt + 1 tsp olive oil before serving.
- May Queen potatoes hold shape and crisp nicely — ideal for sheet-pan roasting.