



THE MEAT HOUSE: 15 Minute Recipe

Your Neighborhood Butcher

LEMON PEPPER PORK TENDERLOIN

Serves: 4

- Meat House lemon pepper seasoning
- 2 pork tenderloins (roughly ¾ pounds each)
- ¼ cup extra virgin olive oil
 - *Try our refillable Artisan oil
- 1 package Near East long grain wild rice pilaf (see package for directions)
- Heavy skillet with an oven safe handle (i.e. cast iron tongs!)

Instructions

Apply the lemon pepper rub to the tenderloins and set aside while you prep the rest of the food. Get the rice to a simmer as directed on the package and then start on the meat as the rice will take about 20 minutes to cook and can be kept warm and fresh for at least half an hour. Pre-heat the oven to 425 degrees. Heat the olive oil in a large heavy skillet over medium to high heat . . . leaning toward the high side of the dial. Pan sear the tenderloins on all sides, this takes four or five minutes. We're not finishing the meat here, just getting the sear and crust on it. Carefully move the skillet to the oven and place it on a rack in the top half of the oven. Let the pork roast for 6 to 8 minutes and remove. Let the meat rest for 4 to 5 minutes . . . be patient. Slice as you see fit (diagonally across the tenderloin looks nice) and serve on a bed of long grain wild rice pilaf.



Options

- Add kosher salt and / or herbs to the rub.
- If you want to add garlic, use the garlic after pan searing so as not to burn the garlic.
- Feel free to garnish the plates with any fresh herb that is handy.
- Parsley, Sage and Cilantro work very well here.
- On the table, it's a very nice touch to have fresh lemon wedges along with kosher salt and a well stocked pepper mill.

For store locations, recipe ideas or to shop online visit:

www.TheMeatHouse.com