

rosemary roasted pork with creamy mushrooms

SERVES 2 • READY IN 30 MINUTES OR LESS

PHASE 1



Ingredients:

- 2 portions of pork tenderloin roast
- ½ tsp garlic powder
- ¼ tsp salt
- 1 tsp olive oil

Mushrooms:

- 1 tsp olive oil
- 4 cups mixed mushrooms, torn into bite sized pieces
- 1 sprig fresh rosemary
- 2 cloves garlic, peeled and chopped
- 2 tsp hot mustard
- ½ cup fat-free chicken bone broth
- 2 tbsp Ideal Protein mushroom soup mix

Garnish:

- 1 sprig parsley, chopped, for garnish (optional)
- 2 handfuls watercress leaves (optional)

Preheat oven to 400F.

Mix ½ tsp garlic powder, ¼ tsp salt together. Pat pork tenderloin dry and rub with seasoning. Heat an oven-proof skillet over medium-high heat and drizzle in ½ tsp olive oil. Sear pork tenderloin until golden brown on all sides. Place, still in skillet, into the oven. Bake for 10-15 min or until internal temperature reaches 150F. Remove from oven.

Remove tenderloin from the skillet and tent with tin foil.

Add 1 tsp olive oil to skillet and place over medium heat. Add mushrooms, rosemary sprig, and garlic and sauté for 1 min. Deglaze with a bit of broth, if necessary. Continue cooking until mushrooms are cooked through, about 3 minutes. Add mustard to the skillet.

Meanwhile, mix mushroom mix with a little broth. Stir into the mushrooms in the skillet along with the remaining broth. Simmer until thickened, about 1 min.

Slice pork tenderloin and serve with mushroom sauce. Serve on a bed of watercress leaves and garnish with parsley.