Dijon Herb Pork Tenderloin with Almond Pilaf

Cooking Instructions

Rice Pilaf: In a small pot, toast almonds in a little oil or butter (1-2 Tbs) over medium heat until light brown. Set aside. Add 1 1/4 cups water to the pot and bring to a boil, then add rice mix. Once boiling, reduce heat to low, cover, and simmer for 18 mins. Serve almonds over rice.

Tenderloin – Choose One:

> **Freezer to Oven:** Preheat oven to 350F and bake tenderloin, uncovered, for 1 hour to 1 hour 20 min until internal temp is reached.
>
> **Thawed:** Preheat oven to 350F. Bake tenderloin, uncovered, for 30-45 minutes until internal temp is reached.

Internal Temperature: 155F. Let stand 10 min before slicing.

Serving Suggestions: Serve with almond pilaf, steamed asparagus, and chopped salad with blue cheese dressing. Chianti.

Please note: Cooking times are estimates and vary based on your actual oven, stovetop, or slow cooker, as well as item thickness and starting temperature. For best results, always verify the internal temperature of your meals. Instant-read pocket thermometers are inexpensive, convenient, and very easy to use.

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