



Loin of Pork with Fennel and Garlic

Active Time: None | Total Time: None | Serves: 6

Nutrition Information Per Serving

235.2 calories, 2.37 g carbohydrate, 0.96 g fiber, 1.41 g NET carbs, 31.75 g protein, 10.34 g fat

Ingredients

- 6 clove(s) organic garlic cloves
- 2 Tbsp(s) organic lemon zest
- 1 tsp sea salt
- 1/3 cup(s) fresh rosemary leaves, chopped
- 1 tsp freshly ground black pepper
- 2 Tbsp(s) organic extra virgin olive oil
- 2 pound(s) pasture-raised pork loin ("Frenched", tied)
- 2 tsp(s) fennel seeds
- 1 Tbsp organic Dijon mustard

Preparation

1. Preheat the oven to 400 degrees F.
2. Place the pork, fat side up, in a roasting pan.
3. In a Magic Bullet or the bowl of a food processor fitted with a steel blade process the garlic, rosemary, lemon zest, and fennel seeds until roughly chopped.
4. Add the olive oil, mustard, salt and pepper and process to form a smooth paste. Rub the paste on top of the pork.
5. Roast for 1 hour, or until the internal temperature reaches 140 degrees F.
6. Remove from the oven, allow to rest for 20 minutes.
7. Remove the strings, slice between the bones. Serve.

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