



Za'atar Pork Tenderloin

middle eastern spice blend typically made with oregano or thyme, sumac, sesame and other spices. It is delicious on meats or vegetables.

Recipes

- 2 pound pork tenderloin 2 individual 1 pound loins
- 1/2 teaspoon salt
- 1/4 teaspoon pepper fresh ground
- 2 teaspoons avocado oil
- 2 tablespoons za'atar
- 1 English cucumber grated
- 1 1/2 cups plain full fat Greek yogurt or coconut yogurt if dairy-free
- 1 garlic clove minced
- 1/2 teaspoon salt
- 1/8 teaspoon ground pepper

Steps:

1. Preheat the oven to 450°F, line a rimmed baking sheet with foil, and grease it with a bit of oil. Set aside.
2. Season the pork tenderloin with salt and pepper, rub with the oil then sprinkle with za'atar. Place the pork on the baking sheet. Roast for 20-25 minutes, or until the pork registers 145°F. Rest the pork at least 5 minutes before slicing and serving.
3. While the pork cooks, prepare the tzatziki: grate the cucumber and squeeze as much liquid out as you can. Combine with the yogurt and remaining sauce ingredients, stir well, cover, and refrigerate until serving. Adjust seasoning to taste before serving.