



Roasted Boneless Pork Loin

Total: 75 mins

Prep: 15 mins

Cook: 60 mins

Yield: 8 servings (8 portions)

Nutritional Guidelines (per serving)

596	34g	7g	62g
Calories	Fat	Carbs	Protein

(Nutrition information is calculated using an ingredient database and should be considered an estimate.)

921 RATINGS

To prepare this [roast pork loin recipe](#), we first rub a boneless pork loin with a simple blend of garlic and seasonings and then roast it to perfection.

Note that the final target temperature for this pork loin roast is 140 F to 145 F, which is medium. The interior will have a lovely rosy color. Read [How to Cook Pork](#) for more info on why it's not necessary to cook pork well-done. But if you're not convinced, you can adjust accordingly.

Just remember, whatever your final target temperature is, take the roast out five degrees before that and let it coast to its final doneness.

Ingredients

1 (3 to 4 pound) boneless center-cut pork loin

4 to 5 garlic cloves (minced)

1 tbsp. [Kosher salt](#)

1 tbsp. [fresh sage](#) (minced)

1 tbsp. fresh rosemary leaves (chopped)

1 tbsp. fresh [thyme](#) leaves (chopped)

1 tsp. black pepper

2 tbsp. [olive oil](#)

Steps to Make It

01 Gather the ingredients.

02 About 30 minutes before you plan to start roasting, take the [pork loin](#) out of the fridge and let it sit at room temperature.

03 Preheat oven to 450 F.

04 In a small bowl, combine the oil, garlic, salt, pepper and herbs, and mix until paste forms.

- 05 Dry the pork loin with paper towels and rub it all over with the seasoning paste. Then set it on a rack in [a shallow roasting pan](#). Insert a meat thermometer on a slight angle into the very center of the roast. If you're using the digital kind with a temperature alert function, set it to 135 F and transfer it to the oven.
- 06 Roast for 15 minutes, then turn the oven temperature down to 300 F. Let the loin continue roasting for another 30 to 40 minutes or until the internal temperature reaches 135 F.
- 07 Take the roast out of the oven and cover it with foil. [Let it rest](#) 10 to 15 minutes, during which time the roast's internal temperature will cruise up to around 140 F at which point it is ready to slice and serve.
- 08 Serve and enjoy!

Tips

- When selecting your pork loin, choose fresh-looking meat, preferably with a thick layer of fat. Many people tend to shy away from meat with fat on it, but this fat helps keep the meat moist while cooking and helps with the flavor.
- At the time of cooking, the pork should be at room temperature, not cold straight from the fridge, so remove it about 30 minutes or more and leave it covered in a cool, not warm, place.
- Make sure to rest your meat. Resting your meat will allow the pork loin to cool a bit, retaining the juices, and providing a more tender and flavorful dish.

Recipe Tags:

Pork	Pork Loin	Dinner	American
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