

ROSEMARY, SAGE ROAST PORK LOIN WITH WITH APPLES AND PEARS

Serves 4

Prep: 15 mins. | Total: 1 hour 10 mins.

INGREDIENTS-

- 2 1/2 lb pork loin roast, fat trimmed
- 4 cloves garlic, pressed
- 1 1/2 tsp salt
- 1/2 tsp pepper
- 2 fuji apples, cored and sliced
- 2 pears, cored and sliced
- 6 sprigs fresh rosemary
- 4 sprigs fresh sage

Per serving:

C	491 calories
C	30g carbohydrates
F	11.9g total fat
P	64g protein

PREP

1. Press the garlic. Chop 2 tbsp fresh rosemary. Mix garlic, rosemary, salt and pepper in bowl.
2. Core and slice the apples and pears.
3. Trim the pork loin.
4. Preheat oven to 400°F and rub garlic mixture all over pork.
5. Line 13 x 9 x 2-inch roasting pan with parchment.



ROSEMARY, SAGE ROAST PORK LOIN WITH WITH APPLES AND PEARS - CONT.

MAKE

1. Layer the bottom of the pan with the sliced apples and pears. Next layer on the sage and rosemary sprigs on top of the apples and pears.
2. Place pork, fat side up in prepared roasting pan. Roast in a 400 F oven for 15 minutes. This gives you that nice crispy crust that everyone loves!
3. Turn your oven temperature down to 325 F (no need to open the oven) and continue cooking until pork reaches an internal temperature of 145 F (for medium rare - 150-155 F for medium) The time will vary based on the size of your loin and what you are cooking with it. We recommend checking it after 30 minutes with a meat thermometer and adding small time increments as needed. Pork is very lean, so overcooking it will result in a dry and tough product.
4. Once your pork has reach 145 F, remove it from the oven and cover it loosely with aluminum foil for a 5-7 minute rest.
5. Pour any juices from roasting pan into small saucepan; set over low heat to keep warm.
6. Cut pork crosswise into 1/3-inch-thick slices. Arrange pork sliced apples, and pears on the platter. Pour pan juices over. Garnish with extra rosemary sprigs, if desired.

