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## Pecan Crusted Pork Tenderloin with Honey Glazed Carrots

*Serve this simple to make entrée with a loaf of piping hot crusty bread and some sautéed kale for a hearty cool weather meal.*

6 Tablespoons fresh white bread crumbs  
3 tablespoons coarsely chopped pecans  
One 16-18 ounce pork tenderloin  
Salt and pepper  
3 tablespoons olive oil  
2 tablespoons prepared honey mustard  
1 pound carrots, peeled and cut diagonally into 1 inch thick slices  
1 tablespoon melted unsalted butter  
1 tablespoon local honey  
1 tablespoon chopped fresh thyme leaves  
Fresh thyme sprigs for garnish

Preheat the oven to 450 degrees.

In a small bowl, mix the breadcrumbs and pecans and set aside.

Pat the pork tenderloin dry with paper towels and season on all sides lightly with salt and pepper.

Heat the 2 tablespoons of the oil over medium-high heat in a large ovenproof skillet.

Sear the pork in the skillet until all sides are well browned, about 5-7 minutes total.

Remove the skillet from the heat and transfer the pork to a plate to cool for about 5 minutes.

Spread the top and sides of the pork with the mustard and press the breadcrumb-pecan mixture on top of the mustard coating.

Place the pork back into the skillet.

In a large bowl or zipper bag, toss the carrots with the remaining tablespoon of oil and place them in one layer on a nonstick foil lined baking sheet.

Place the pork and carrots in the oven. Roast the pork for 15-20 minutes or until a meat thermometer registers 155 degrees.

Remove the pork from the oven and let it rest for 5 minutes before slicing.

While the pork is resting, blend the honey and butter thoroughly in a large heatproof bowl.

Remove the carrots from the oven after 20 minutes and place in the bowl with the butter-honey mixture and add the thyme. Toss gently to coat the carrots with the honey-butter mixture.

Slice the pork on the diagonal and fan the slices on a serving platter. Surround the pork with the glazed carrots. Garnish with the thyme sprigs.

*Serves 4.*

*Victoria Wessler*

