

Roast Pork Loin with Carrot Romesco

Elegant but simple.

Recipe by Patricia Edwards | Created on **Mar 12, 2022**

Ingredients

- ¼ cup pine nuts
- 1 ½ pounds carrots, peeled and halved lengthwise
- 5 tablespoons olive oil, divided
- kosher salt and ground black pepper to taste
- 1 ½ pounds pork tenderloin
- 1 clove garlic, grated
- 2 tablespoons red wine vinegar, divided
- 1 tablespoon water, or more as needed
- ½ teaspoon red pepper flakes
- 2 cups watercress

Directions

- Preheat oven to 350 degrees F (175 degrees C). Spread pine nuts on a rimmed baking sheet.
- Toast pine nuts in the preheated oven, tossing occasionally, until golden brown, 8 to 10 minutes. Let cool.
- Increase oven temperature to 450 degrees F (230 degrees C). Toss carrots with 1 tablespoon olive oil on a separate rimmed baking sheet; season with salt and pepper.
- Roast carrots in the preheated oven, tossing occasionally, until softened and browned, 15 to 20 minutes.
- Heat 1 tablespoon oil in a large ovenproof skillet over medium-high heat. Season pork tenderloin with salt and pepper; cook in the hot oil, turning occasionally, until golden brown, 10 to 15 minutes.
- Transfer skillet to the oven; roast pork until an instant-read thermometer inserted into the center reads at least 160 degrees F (71 degrees C), about 15 minutes.
- Combine pine nuts, remaining 3 tablespoons olive oil, and garlic in a food processor; process into a coarse paste. Add 1/4 of the carrots, 1 tablespoon vinegar, 1 tablespoon water, and red pepper flakes. Process, adding more water as needed, into a coarse puree. Season with salt and pepper.
- Toss remaining carrots, remaining 1 tablespoon vinegar, and watercress in a large bowl. Season with salt and pepper.
- Slice pork and top with carrot puree; serve with salad.

Nutrition Facts

Serving: **6 servings** | Calories: **278.3 kcal** | Carbohydrates: **12.5 g** | Protein: **20.3 g** | Saturated fat: **2.9 g** | Cholesterol: **49 mg** | Sodium: **188.6 mg** | Fiber: **3.6 g** | Sugar: **5.6 g**

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