



Herb-Rubbed Pork Tenderloin with Fennel and Artichokes

INGREDIENTS:

HERB-RUB

- 2 tsp salt and pepper mix
- 2 tsp dry thyme
- 1 tsp dry oregano
- 1 tsp dry basil
- 1 tsp fennel seeds
- 1 tsp granulated garlic

PORK

- 2 (6 oz) pork chops
- olive oil, as needed
- 1 cup artichokes, canned
- butter as, needed
- 1 tbs italian parsley, chopped

DIRECTIONS:

1. In a small bowl combine all herb-rub ingredients well.
2. Evenly coat all sides of pork chops with the herb-rub.
3. In a medium heated saute pan, add just enough olive oil to coat the bottom of the pan.
4. Sear pork chops on all sides until desired doneness has been reached.
5. Add artichokes and cook until heated through.
6. Turn off heat and add butter and parsley to garnish.