

FIXATE RECIPES

PUMPKIN SEED CRUSTED PORK TENDERLOIN

Serves: 4



Total Time: 30 min.

Prep Time: 3 min.

Cooking Time: 27 min.

1 lb. / 460 g	raw pork tenderloin	1 Tbsp.	ghee (organic grass-fed, if possible)
½ tsp.	sea salt (or Himalayan salt)	¼ cup / 35 g	pepitas (or hulled pumpkin seeds)
½ tsp.	ground black pepper	1 Tbsp.	Dijon mustard
½ tsp.	garlic powder	2 tsp.	pure maple syrup

SPECIAL EQUIPMENT: Parchment paper

1. Preheat oven to 425° F (220 °C).
2. Line a baking sheet with parchment paper.
3. Season tenderloin all over with salt, pepper, and garlic powder; set aside.
4. Heat ghee in a large nonstick skillet over high heat until very hot.
5. Add tenderloin; cook, turning occasionally, for 5 to 7 minutes, or until seared on all sides. Remove tenderloin to prepared sheet.
6. Add pepitas to a blender (or coffee grinder); cover. Pulse until coarsely ground, being careful not to completely pulverize. Pour onto a large plate. Set aside.
7. Add mustard and maple syrup to a small bowl; stir to combine.
8. Brush tenderloin all over with mustard mixture; roll in ground pepitas to form an even crust. Return to prepared sheet.
9. Roast tenderloin for 15 to 20 minutes, or until a thermometer inserted into the thickest part reads 145° F (65 °C). Let tenderloin rest for 5 minutes. Slice; divide evenly among four plates.

RECIPE NOTE:

Pork does not have to be cooked to well-done to be safe to consume. An internal temperature of 145° F (65 °C) leaves a slight blush to the meat and keeps it juicy and tender.

Nutritional Information (per serving):

Calories:	197	Cholesterol:	76 mg	Fiber:	1 g
Total Fat:	7 g	Sodium:	360 mg	Total Sugars:	2 g
Saturated Fat:	2 g	Carbohydrates:	4 g	Added Sugars:	2 g
				Protein:	27 g

PORTION FIX Container Equivalents (per serving)

(REG) ■ 1 ■ ½

THE 4 WEEK GUT PROTOCOL Container Equivalents (per serving)

■ 1 ■ ½

Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the **GP** icon are designed to be 4 Week Gut Protocol-friendly, meaning they do not contain any gluten, dairy, corn, alcohol, artificial sweeteners, or highly processed soy ingredients. These recipes are great to use when following the protocol.