
Sesame-Spiced Pork Tenderloin with Aromatic Asian Herbs

Tender pork medallions coated in toasted sesame and warming spices create a blood sugar-friendly protein centerpiece that's ready in under 30 minutes.

Prep: 10 min

Cook: 15 min

Total: 25 min

Servings: 4

GL 0.2 / GI 26

Ingredients

toasted until golden sesame seeds

ground coriander

adjust to taste cayenne pepper

celery seed

minced dried onion

ground cumin

blood sugar support ground cinnamon

provides healthy fats toasted sesame oil

lean protein, zero carbs pork tenderloin, trimmed

Instructions

Step 1

Position an oven rack in the center and preheat your oven to 400°F (200°C). Prepare a shallow baking dish by lightly coating it with cooking spray or a thin layer of oil to prevent sticking.

Step 2

Place the sesame seeds in a dry skillet over medium-low heat. Toast them for 1-2 minutes, stirring constantly with a wooden spoon, until they turn golden brown and release a nutty, fragrant aroma. Immediately transfer the toasted seeds to a small bowl to stop the cooking process and prevent burning.

Step 3

In a mixing bowl, combine the toasted sesame seeds with the ground coriander, cayenne pepper, celery seed, minced dried onion, ground cumin, ground cinnamon, and sea salt. Add the sesame oil and stir thoroughly until all the spices are evenly distributed and form a fragrant paste.

Step 4

Slice the pork tenderloin crosswise into 4 equal medallions, each about 1 inch thick (approximately 4 ounces per medallion). Pat the pork pieces dry with paper towels to help the spice mixture adhere better.

Step 5

Arrange the pork medallions in the prepared baking dish with space between each piece. Using your hands or a spoon, generously coat both sides of each medallion with the sesame-spice mixture, pressing gently so the coating adheres to the meat.

Step 6

Place the baking dish in the preheated oven and roast for 12-15 minutes, until the pork is cooked through but still juicy. The internal temperature should reach 145°F (63°C) for medium doneness, followed by a 3-minute rest, or 160°F (71°C) for well-done.

Step 7

Remove from the oven and let the pork rest for 3-5 minutes before serving. This allows the juices to redistribute throughout the meat. Serve immediately with non-starchy vegetables or a fresh green salad for optimal blood sugar control.

Step 8

For best glycemic results, eat your vegetable side dish first, then enjoy the protein. This eating sequence has been shown to reduce post-meal glucose spikes by up to 40% compared to eating protein first.