

Easy OnePan Pork and Squash Dinner

Jacob · 28/09/2024



Prep Time

45 mins

Difficult

Medium

Servings

4

Description

This quick and easy onepan pork tenderloin with roasted butternut squash recipe will have your hasslefree weeknight dinner done in no time

Ingredients

- - cooking spray - 3 tablespoons olive oil
- divided - 2 tablespoons honey - 2 teaspoons salt
- divided - 2 teaspoons dried sage
- divided - 1 teaspoon ground black pepper
- divided - 1 pork tenderloin - 5 cups (1-inch) cubes peeled
- seeded butternut squash - 2 Granny Smith apples
- cut into 1-inch wedges - 1 white onion
- cut into 1/2-inch slices

Instructions

1. Preheat the oven to 425 degrees F (220 degrees C). Grease a rimmed 13x18-inch baking sheet with cooking spray. Whisk 1 tablespoon olive oil
2. honey
3. 1 teaspoon salt
4. 1 teaspoon sage
5. and 1/2 teaspoon pepper in a bowl. Place tenderloin on the prepared baking sheet; rub honey mixture onto pork. Mix butternut squash
6. apples
7. and onion in a bowl; drizzle with remaining 2 tablespoons olive oil
8. 1 teaspoon salt
9. 1 teaspoon sage
10. and 1/2 teaspoon pepper; toss until well coated. Place around pork tenderloin. Bake in the preheated oven until vegetables are tender and pork is cooked
11. 30 to 35 minutes; baste pork with honey mixture several times during roasting. An instant-read thermometer inserted into the center of the pork should read at least 145 degrees F (63 degrees C).