SPANISH · DINNER

Solomillo al Ajillo (Spanish Garlic Pork Tenderloin)

30 min · Serves 4 · 306 kcal a serve · Video 8:21 · Spain on a Fork

Dairy-free · Nut-free

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Lean pork tenderloin in a garlic, white wine and olive oil pan sauce: one serve gives about 26 g of protein, is rich in selenium and vitamin B6, is a good source of zinc and also supplies vitamin B12.

Diet notes: Low carb (6.2 g net carbs) but not keto: 50% of the energy is from fat, and keto meals get about 60% or more.

Ingredients

11 · SERVES 4

- [ ] 1/4 cup extra **virgin olive oil**
- [ ] 6 cloves **garlic**, skins on, slit
- [ ] 1 **pork tenderloin** (1.15 lb), cut into ¾ inch medallions
- [ ] **sea salt** to taste, for the pork
- [ ] **freshly cracked black pepper**
- [ ] 8 cloves **garlic**, thinly sliced
- [ ] 1 tbsp (8 g) **all-purpose flour**
- [ ] 1/2 cup **dry white wine**
- [ ] 1 cup **chicken broth**
- [ ] 4 sprigs **fresh thyme**
- [ ] chopped **parsley**, to garnish

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Gluten. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the olive oil in a large pan over medium heat and sauté the slit, skin-on garlic cloves for 4–5 minutes to flavour the oil. Lift them out and set aside. 1:42
2. Pat the pork medallions dry and season both sides with salt and pepper. Sear in the garlic oil in two batches, about 2 minutes per side, just to colour them; set aside. 2:39
3. In the same pan, stir the sliced garlic for 30–60 seconds, add the flour and cook 1 minute, then pour in the wine and cook about 2 minutes until the alcohol has cooked off. 3:45
4. Add the chicken broth and thyme and stir for 3–4 minutes until the sauce is slightly creamy. Season with pepper. 4:53
5. Return the pork and the whole garlic cloves, turn the medallions in the sauce and simmer on low-medium for 3–4 minutes until the pork reaches 145°F. Serve with the sauce and parsley. 5:36

> **Tip** Albert serves it with roast potatoes. Use vegetable broth, or white grape juice with a squeeze of lemon instead of wine, if you prefer.

The method is a summary in our words — the video shows every step.

One serve gives you

1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
306 kcal	26 g	6.6 g	0.5 g	17 g	590 mg
1,280 kJ	52% of a day	6.2 g net · 0.6 g sugars	2% of a day	3 g saturated	26% of a day
		2% of a day		22% of a day	

Energy from net carbs 9% · protein 37% · fat 54% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 67% · Vitamin B6 50% · Zinc 22% · Vitamin K 22% · Vitamin B12 20%

Source of (10–19%) Vitamin E 15% · Potassium 11%

Recipe and video: Spain on a Fork (@SpainonaFork) on YouTube — youtube.com/watch?v=2kEIzXp_rxY, published 8 July 2026. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/solomillo-al-ajillo-garlic-pork-tenderloin