Spiced and seared pork with Mediterranean grain salad

1.5 lb pork tenderloin

1-2 tsp cumin

1-2 tsp dried parsley

1-2 tsp dried oregano

1-2 tsp brown sugar

1-2 tsp black pepper

Salt as needed

1.5 C quinoa

3 C water for quinoa

½ C feta cheese

¼ C kalamta olives, minced coarsely

2 zucchini, large dice and sauteed

1/4-1/2 C minced fresh dill, parsley or mint(probably mint)

S+P TT

1. Cook quinoa, and set aside. Once cooled, toss with feta, olives and herbs
2. preheat oven to 375F
3. Season pork on all sides with spice rub and salt
4. Preheat saute pan on stove to medium high, and sear pork loin on all sides until lightly browned
5. Transfer pan to oven, insert probe thermometer, and cook until internal temp. reaches 140F
6. Set aside. After 5 minutes, medium dice and toss with rest of quinoa salad