


Super Recipe!

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Super Recipe

STUFFED PORK TENDERLOIN

Ingredients

4 Tbsp olive oil
 8 slices bacon, chopped
 6 oz brown mushrooms thinly sliced
 1/3 cup onion, chopped
 Sea salt
 Black pepper
 2 garlic clove minced
 1/4 cup fresh parsley chopped, plus more to garnish
 1 1/2 lb pork tenderloin, silver skin removed
 Preheat oven to 400°

Instructions:

Stuffing for Pork Tenderloin:

In an oven-safe large skillet over medium heat, add 2 Tbsp oil with chopped bacon and and cook until browned (3-4 minutes). Add sliced mushrooms and chopped onion and sauté 5 minutes or until soft.

Season with salt, black pepper, chopped parsley and minced garlic. Cook another minute stirring constantly then transfer to a bowl.

How to Stuff Pork Tenderloin

Remove Silver Skin from Pork Tenderloin. Cut a slit all the way down the long end of your tenderloin, making sure not to cut all the way through. Open tenderloin like a book, cover with a sheet of plastic wrap and pound with the flat side of a meat mallet(or bottom of a pot) until 1/2" thick without tearing through the meat.

Spread mushroom/bacon mixture evenly over the surface of the tenderloin, leaving 1/2" at the borders. Roll tightly starting with the long end (hot-dog style) and secure the ends with 6-7 toothpicks. Poke toothpicks through parallel to each other to create a flat cooking surface. Season all over with salt, black pepper, paprika, chili powder

Heat the same skillet over medium heat and add 2 Tbsp oil. Once oil is hot, place tenderloin in the skillet (toothpick-side-down) and sear about 2 minutes per side (6-8 minutes total). Transfer the skillet with the tenderloin to the oven and bake at 400° F for 18-20 mins.

Transfer to a cutting board, brush with the pan drippings and rest 10 minutes before slicing into rings. Brush with pan drippings for more flavor and garnish with parsley if desired.

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