



Suffed Pork Tenderloin

Preparation: 30 min, Cook Time:, 30 min Yield: 4

Fox 5 December

This imaginative winter pork is colorful and hearty!

2 1/2 tablespoons olive oil	2 ounces chopped dates
2 ounces chopped onion	6 sage leaves, chiffonade
4 ounces frozen leaf spinach	1 pork tenderloin
2 ounces chopped walnuts	salt / pepper to taste



In a sauté pan heat 2 tablespoons of oil. Add onions, spinach, walnuts, dates and sage. Sauté until onions are translucent. Allow to cool for 5-10 minutes.

Place mixture in zip-lock bag and cut a hole in the corner large enough to pipe mixture out.

Pre heat oven 350f. Insert knife in one end of tenderloin and twist knife in circle making a hole down the middle of the tenderloin. Repeat this on the other end. Place your index and middle fingers in each end of tenderloin and move them toward the center until they touch and the hole has gone all the way through. Grab your mixture and insert the bag in one end of tenderloin. Pipe the mixture down the pre-sliced hole until the tenderloin is inflated and full. Using kitchen twine tie the tenderloin from end to end. (Not too tight).

Season and sear tenderloin in hot sauté pan using remaining oil

Place tenderloin on baking sheet pan and roast for 30 minutes or until it reaches 145f

*Make sure when checking the temperature you insert the thermometer into the pork, not the stuffing in the center, to ensure an accurate temperature.