

Pork Tenderloin Stuffed with Spinach, Feta and Bacon



Ingredients

1 pork tenderloin, well-trimmed about 12 oz / 0.375 kg
1 Tbsp / 15 mL lemon juice
2 tsp / 5 mL EACH canola oil and Dijon mustard
2 cloves garlic, minced
Salt and ground black pepper
2 cups / 500 mL baby spinach, torn into small pieces
½ cup / 125 mL crumbled feta cheese
5 slices bacon, cooked and diced
Canola oil for brushing

Directions

1. With sharp knife, butterfly pork tenderloin by slicing horizontally to, but not through, opposite side. Open tenderloin as you would a book. Place between two sheets of plastic wrap. With meat mallet, rolling pin or heavy pan, pound tenderloin to ¼-inch thickness.
2. Remove plastic wrap. Place flattened tenderloin on cutting board.
3. In small bowl, combine lemon juice, oil, mustard and garlic. Brush onto tenderloin. Season with salt and pepper.
4. Layer spinach, feta and bacon on tenderloin, leaving some room around the edges.
5. Roll up tightly, starting on long side. Tie with butcher string at 2-inch intervals.

Grilling method:

1. Preheat barbecue on high; reduce heat to medium.
2. Grill tenderloin on a lightly oiled grill grates for 25-30 minutes or until instant-read thermometer registers 155°F. Turn once or twice.
3. Remove tenderloin from grill. Tent loosely with foil and let tenderloin rest 5 minutes before slicing.
4. To serve, remove string and cut into 10-12 equal slices.

Oven method:

1. Preheat oven to 425°F. Brush tenderloin lightly with oil. Place stuffed pork tenderloin on rack in shallow roasting pan.
2. Roast for 25-30 minutes or until instant-read thermometer registers 155°F.
3. Remove from oven onto clean plate. Tent loosely with foil and allow tenderloin to rest 5 minutes.
4. To serve, remove string and cut into 10-12 equal slices.

Additional Info

- **Cut:** Tenderloin
- **Prep Time (Minutes):** 30
- **Cook Time (Minutes):** 30
- **Number of Servings:** 3-4