

## Stuffed Pork Tenderloin

Savannah · 28/09/2024



### Prep Time

1 hr 10 mins

### Difficult

Medium

### Servings

5

### Description

I came up with this stuffed pork tenderloin with spinach and mushrooms one day when looking for something new to do with pork. This dish is very easy to make and assemble and is so pretty to serve to family and guests. I like to serve this with a nice salad and roasted potatoes.

### Ingredients

- - 3 tablespoons extra-virgin olive oil
- divided
- or as needed - 10 white mushrooms
- minced - 1 shallot
- minced - ½ teaspoon dried thyme - ½ teaspoon garlic powder - ½ teaspoon dried sage - ½ teaspoon ground black pepper - ¼ teaspoon salt - ¼ cup chopped fresh parsley - 2 cups fresh spinach - 1 teaspoon Dijon mustard - 1 (2 pound) pork tenderloin
- butterflied and pounded flat - 4 slices prosciutto

### Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Heat 1 tablespoon olive oil in a skillet over medium heat; cook and stir mushrooms
2. shallot
3. thyme
4. garlic powder
5. sage
6. black pepper
7. and salt in the hot oil until liquid has evaporated and mushrooms and shallots are softened
8. 5 to 10 minutes. Dotdash Meredith Food Studios Add parsley; cook and stir for 1 minute. Mix in spinach; cook and stir until spinach is wilted
9. about 5 minutes. Stir in mustard. Remove from heat. Dotdash Meredith Food Studios Place pork tenderloin on a work surface; lay prosciutto atop tenderloin. Spread mushroom-spinach mixture over prosciutto
10. leaving a 1/2-inch border on all sides. Dotdash Meredith Food Studios Dotdash Meredith Food Studios Tightly roll tenderloin around filling and tie together with kitchen string to keep closed. Dotdash Meredith Food Studios Dotdash Meredith Food Studios Heat remaining 2 tablespoons olive oil in a large skillet over medium heat; place rolled tenderloin in the hot oil. Sear until all sides are golden brown
11. about 10 minutes. Transfer seared tenderloin to a 9x13-inch casserole dish. Dotdash Meredith Food Studios Bake in the preheated oven until pork is slightly pink in the center
12. 25 to 30 minutes. An instant-read thermometer inserted into the center should read at least 145 degrees F (63 degrees C). Dotdash Meredith Food Studios