Dinner

# Stuffed Pesto Pork with Roasted Vegetables

Pork tenderloin is spread with pesto inside and out, then browned in a skillet and roasted with broccolini, onions, garlic and tomatoes for an easy one pan dinner.



Gluten free

| 60 min | 220 | 8 g | 3 g |
|---|---|---|---|
| time | calories | carbs | sugars |

## Ingredients, 4 servings

- [ ] 1 lbs pork tenderloin (trimmed)
- [ ] 2 tbsp prepared pesto (divided)
- [ ] 1 spray, 0.25 grams olive oil cooking spray
- [ ] 2 clove garlic (crushed)
- [ ] 1/4 cup yellow onion (sliced)
- [ ] 9 oz broccolini
- [ ] 20 whole grape or cherry tomatoes

## Method

- [ ] **1** Heat the oven to 450°F and line a sheet pan with foil, then coat it with olive oil cooking spray.
- [ ] **2** Set the pork tenderloin on a cutting board and slice lengthwise down the center without cutting all the way through, then open it like a book and flatten it with your hands.
- [ ] **3** Spread 1 tablespoon of prepared pesto over the opened pork tenderloin, fold it closed, then spread the remaining tablespoon over the outside and let it sit for 30 minutes to an hour.
- [ ] **4** Coat a large skillet with olive oil cooking spray and heat it over medium heat, then add the pork tenderloin and brown it for about 5 minutes per side until it lifts easily from the skillet.
- [ ] **5** Move the pork tenderloin to one end of the prepared sheet pan and spread the broccolini, yellow onion, garlic and grape or cherry tomatoes across the other end, then mist them lightly with olive oil cooking spray.
- [ ] **6** Roast in the middle of the oven for about 20 minutes, until the pork reaches 145°F on an instant read thermometer and the broccolini and tomatoes are lightly browned.
- [ ] **7** Tent the vegetables lightly with foil, set the pork tenderloin on a cutting board and let it rest for about 10 minutes before slicing it into thin medallions.

## Nutrition Facts

Per serving

| | |
|---|---|
| **Calories** | **220** |
| **Total fat** | 10 g |
| Saturated fat | 2 g |
| **Sodium** | 280 mg |
| **Total carbs** | 8 g |
| Fiber | 4 g |
| Total sugars | 3 g |
| **Protein** | 26 g |

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