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## Pork and Apple Stuffed Pork Tenderloin

This dish is a classic British recipe that combines the sweetness of apples with the savoury flavour of pork. It is perfect for a cosy dinner for two and can be easily adapted to cater to different dietary needs.

- 10 minutes preparation
- 15 minutes cooking

### Ingredients

<b>ingredient</b>	<b>quantity</b>
1 pork tenderloin	1 pound
1 apple	1 medium
1/4 cup breadcrumbs	1/4 cup
1/4 cup chopped walnuts	1/4 cup
1 tablespoon olive oil	1 tablespoon
1 teaspoon dried thyme	1 teaspoon
1/2 teaspoon salt	1/2 teaspoon
1/4 teaspoon black pepper	1/4 teaspoon

### Instructions

- Preheat the oven to 375°F.
- Butterfly the pork tenderloin by cutting it lengthwise down the middle, but not all the way through.
- Place the tenderloin between two sheets of plastic wrap and pound it to an even thickness.
- In a small bowl, mix together the breadcrumbs, chopped walnuts, dried thyme, salt, and black pepper.
- Peel and grate the apple, then mix it into the breadcrumb mixture.
- Spread the breadcrumb mixture evenly over the tenderloin, leaving a small border around the edges.
- Roll up the tenderloin and secure it with kitchen twine.
- Heat the olive oil in a large oven-safe skillet over medium-high heat.
- Sear the tenderloin on all sides until golden brown, about 5 minutes.
- Transfer the skillet to the oven and bake for 10 minutes, or until the internal temperature reaches 145°F.
- Remove the tenderloin from the oven and let it rest for 5 minutes before slicing and serving.

## **Tips**

- For a gluten-free version, use gluten-free breadcrumbs or substitute with almond flour.
- For a nut-free version, omit the walnuts or substitute with sunflower seeds.
- For a vegetarian version, substitute the pork tenderloin with a large portobello mushroom and adjust cooking time accordingly.

## **Warnings**

- Be careful when handling the hot skillet and tenderloin.
- If you have a pork allergy, substitute the pork tenderloin with chicken or turkey.
- If you have a nut allergy, omit the walnuts or substitute with sunflower seeds.