

Pork Tenderloin Roulade & Vegetable Tumble



INGREDIENTS

For the Pork Tenderloin Roulade :

1 pork tenderloin trimmed, butterflyed
1 cup chopped leek
4 cups curry spinach, coarsley chopped
1/4 cup chopped herb blend
1/2 cup parmesan cheese, grated
kosher salt and freshly ground pepper
1/4 cup olive oil

For the Vegetable Tumble:

2 medium zuchinni, 3/4" dice
1 medium yellow squash, 3/4" dice
1 cup lentils, cooked according to package directions
1 clove garlic, peeled and minced
1 Tbs olive oil
Salt and peper to taste

DIRECTIONS

For the Pork Tenderloin Roulade :

Preheat oven to 400 degrees. Into a hot saute pan, place 2 Tbs of olive oil, leeks, spinach and fresh herbs; saute until wilted, allow to cool. Spread pork tenderloin on cutting board, season with salt and pepper.

Spread cooled leek and spinach mixture evenly over surface of pork tenderloin, sprinkle with parmesan. Roll tenderloin into a long jellyroll cylinder. Tie with butcher's twine. Rub outside surface with remaining olive oil, season with salt and pepper.

Place on baking sheet and place into pre-heated oven for 30-35 minutes or until internal temperature reaches 150 degrees. Remove from oven, tent with aluminum foil for 10-15 minutes. Remove twine, slice and serve.

For the Vegetable Tumble:

Preheat saute pan to medium heat. Place olive oil, vegetables and lentils into heated pan. Saute 1-2 minutes, add lentils and garlic. Salt and pepper to taste and serve.

specialty of:
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