

# PROVOLONE & HAM-STUFFED PORK TENDERLOIN

**PREP TIME:** 20 minutes

**COOKING TIME:** 40 minutes

**MAKES** 6 servings

Smoky melted cheese and cured ham make a simple and delightful filling for this crowd-pleasing meal. Serve the pork with a big green salad and, voilà, you have a perfect dinner for Sunday or any other day of the week!

- 1 boneless pork tenderloin (about 1½ lbs/675 g)
- ¼ teaspoon fine sea salt
- ¼ teaspoon freshly ground black pepper
- 1 pound (450 g) smoked full-fat provolone cheese, shredded
- 6 thin slices ham, preferably cured (see Note)
- 3 tablespoons olive oil

## NOTE

*For health and flavor, always buy high-quality ham, cut off the bone; avoid processed, reformed ham.*

1. Preheat the oven to 400°F (205°C). Line a sheet pan with parchment paper.
2. Butterfly the pork tenderloin lengthwise and place between 2 sheets of plastic wrap (or ask your butcher to do this). Use a rolling pin to smash the meat into 1 flat piece, about ¼ inch (6 mm) in thickness.
3. Season the tenderloin with the salt and pepper and sprinkle the provolone cheese on top. Layer the ham over the cheese, then roll the tenderloin into a long roll and secure with cocktail skewers.
4. Place a large frying pan over high heat. Pour the oil into the pan and, once hot, add the tenderloin roll. Sear for 2 to 3 minutes on each side, until golden.
5. Transfer the roll to the prepared sheet pan and place in the oven. Cook for 35 minutes, or until golden brown and no longer pink in the middle.
6. When the tenderloin is cooked, remove it from the oven and allow to rest for 5 minutes. Cut into 1-inch (2.5-cm) slices and serve. Store any leftovers in the refrigerator for up to 3 days.

### NUTRITION FACTS (PER SERVING)

CALORIES	FAT	PROTEIN	NET CARBS	CARBS
474	30g 57%	48g 41%	3g 3%	3g



