

# Stuffed Pork Tenderloin

## **Ingredients**

1 pork tenderloin  
1 cup mushrooms, chopped  
3 cups spinach, coarsely chopped  
4 oz goat cheese  
2 tbsp sun dried tomatoes in oil  
2 garlic cloves  
1 tsp rosemary, minced  
1 tsp thyme  
zest of one lemon  
salt and pepper  
2 tbsp oil or butter  
1 tbsp honey

## **Instructions**

Preheat oven to 425.

Cut a deep slit lengthwise on the tenderloin from end to end without going all of the way through. Open the tenderloin and pound out as flat as possible.

Sauté mushrooms & garlic in a pan with small amount of butter until all liquid is absorbed. Then add spinach, rosemary & thyme and combine just until spinach is wilted. Remove from heat and add sun dried tomatoes and stir until well combined.

Spread mixture over pounded tenderloin and sprinkle with goat cheese then roll up length wise. Tie with kitchen string.

In an heavy skillet, heat oil or butter and honey over medium heat until browning but not burnt. Brown tenderloin on all sides - only like a minute or two per side, turning until all sides are browned. Then transfer to baking dish and bake in preheated oven for 10-15 mins.

