

Mediterranean Sun-Dried Tomato & Feta Stuffed Pork Tenderloin

Ingredients

For the Pork:

- 1 (1½–2 lb) pork tenderloin, trimmed
- 1 tbsp olive oil
- Salt and freshly ground black pepper, to taste
- 1 tsp dried oregano
- 1 tsp garlic powder

For the Stuffing:

- ½ cup sun-dried tomatoes (packed in oil), drained and finely chopped
- ½ cup crumbled feta cheese
- ¼ cup chopped fresh spinach (or basil for a stronger Mediterranean note)
- 2 cloves garlic, minced
- 1 tbsp chopped Kalamata olives (optional but recommended)
- 1 tbsp olive oil
- 1 tsp lemon zest

For the Glaze (optional):

- 2 tbsp balsamic vinegar
- 1 tbsp honey or pomegranate molasses

Instructions

1. **Preheat Oven:**
Preheat your oven to **400°F (200°C)**. Line a baking sheet or roasting pan with foil and lightly grease it with olive oil.
2. **Prepare the Pork:**
Place the tenderloin on a cutting board. Using a sharp knife, slice it lengthwise down the middle—without cutting all the way through—then open it like a book. Cover with plastic wrap and gently pound it with a meat mallet until it's about ½ inch thick.
3. **Make the Filling:**
In a small bowl, combine **sun-dried tomatoes, feta, spinach (or basil), garlic, olives, olive oil, and lemon zest**. Mix until evenly combined.
4. **Stuff and Roll:**
Spread the filling evenly over the flattened pork, leaving about ½ inch border all around. Roll it up tightly, starting from the long side. Secure with kitchen twine or toothpicks.
5. **Season and Sear:**
Rub the outside with **olive oil**, and season generously with **salt, pepper, oregano, and**

garlic powder.

In a large ovenproof skillet over medium-high heat, sear the pork on all sides until golden brown (about 2–3 minutes per side).

6. **Bake:**

Transfer the skillet to the oven and bake for **20–25 minutes**, or until the internal temperature reaches **145°F (63°C)**.

7. **Optional Glaze:**

While baking, whisk together **balsamic vinegar and honey**. Brush over the pork during the last 5 minutes of cooking for a glossy, tangy finish.

8. **Rest and Serve:**

Remove from the oven, cover loosely with foil, and let rest for **5–10 minutes**. Slice into medallions and drizzle with pan juices or extra glaze.

Serving Suggestions

Pair with:

- Lemon orzo or herbed couscous
- Roasted vegetables or a Greek salad
- A glass of crisp white wine like Sauvignon Blanc or Pinot Grigio