

# Stuffed pork tenderloin Wellington

## Stuffed Pork Tenderloin Wellington

When you want to impress- whether it's date night, a special occasion or just because- this stuffed pork tenderloin delivers, Juicy pork tenderloin filled with a savory mushroom filling and then wrapped in golden, flaky puff pastry- yeah it's drool worthy.

This version takes the classic beef wellington and swaps out the beef for succulent pork tenderloin and levels up the flavor by stuffing it with a rich Italian – inspired filling.

### How To make this Stuffed pork tenderloin wellington more manageable

1. Prep the filling in advance: cook and refrigerate the filling up to a day ahead of time. This prevents the pastry from becoming soggy and saves time.
2. Butterfly and stuff the pork: Do this in advance and roll it tightly in plastic wrap. This step can also be done up to one day before your ready to bake the tenderloin.
3. Assemble and freeze : You can fully assemble the pork tenderloin wellington (stuffed , wrapped in pastry and egg- washed) and freeze it unbaked. When ready to cook , bake straight from frozen adding 15 – 20 minutes to the cooking time.

By prepping ahead , you'll make this Stuffed Pork tenderloin recipe much more manageable while still delivering a stress free impressive and delicious result.

## Ingredients

- 1 pork tenderloin ( about 1.5 lbs.)
- 2Tbsp. olive oil
- 1 Tbsp; butter
- 2 Tbsp. Dijon mustard
- 1 sheet puff pastry
- Mushroom filling
- 8 oz. cremini or button finely chopped
- 1 minced Shallot
- 1 Tbsp. minced garlic
- 1/2 cup breadcrumbs
- 1/4 cup grated parmesan cheese
- 1 egg + 1 egg yolk for the egg wash
- 2 Tbsp. chopped Italian parsley
- Salt and pepper to taste

## Instructions

1. Preheat your oven to 400- degrees
2. Clean the pork removing the silver skin – It's that shiny white-silver membrane running along one side of the tenderloin with a sharp knife
3. Then butterfly the tenderloin slice it length wise almost all way through- think open book.
4. Pound it with a meat mallet or rolling pin until it's an even thickness, about 1/2 inch thick. salt and pepper to taste.
5. Make the filling
6. In a saute pan over medium high heat in the olive oil and butter saute the shallots and garlic until soft and translucent

7. Add the mushrooms cook until brown and all the liquid is absorbed.
8. In a bowl slightly beat the egg, add in the breadcrumbs, parmesan cheese, parsley and the cooked mushroom mixture. Mix to combine
9. Spread the stuffing down the center of the pork tenderloin
10. Carefully roll it up jelly roll style. Then tightly wrap it in plastic wrap and chill for at least 30 minutes.
11. Then unwrap and spread with the mustard and roast in a preheated 400- degree oven for 10 minutes. Set aside and cool slightly just enough time to handle without burning your hands, then spread with the mustard
12. On a lightly floured broad roll out the puff pastry and place the pork roll in the center. Wrap the pastry around it. tucking in the edges.
13. Place it seam-side down on a parchment lined baking sheet
14. Brush the top with a slightly beaten egg yolk. Score the top. Bake in a preheated oven for 25-30 minutes or until the puff pastry is golden brown.
15. Let rest for 10 minutes before slicing. ENJOY!!!!!!