



JERNEJ KITCHEN

PORK TENDERLOIN WRAPPED IN PROSCIUTTO WITH BEANS

Pork Tenderloin Wrapped in Prosciutto is a delicious and easy recipe, made in less than one hour. Served with a light tomato and bean sauce.

SERVES	4	PEOPLE
PREPARATION:	10	MINUTES
COOK:	25	MINUTES
ROAST:	15	MINUTES
TOTAL TIME:	50	MINUTES

CRUNCHY BREADCRUMBS

- 3 tbsp breadcrumbs
- 1/4 tsp smoked paprika
- 1/4 tsp dijon mustard
- 2 cloves of garlic
- 2 sprigs of parsley
- 1 tbsp olive oil

PORK TENDERLOIN

- 4 sage leaves
- 500 g pork tenderloin (1.1 pound)
- 10 prosciutto slices (thinly sliced)
- 1 tbsp vegetable oil

TOMATO AND BEAN SAUCE

- 1 onion
- 1 tbsp olive oil
- 1 clove of garlic
- 1 tsp balsamic vinegar
- 1 tsp Worcestershire sauce
- 500 g whole plum tomatoes (1.1 pound)

CRUNCHY BREADCRUMBS

In a blender (or pestle and mortar) mix breadcrumbs, smoked paprika, dijon mustard, peeled garlic, parsley, olive oil, salt, and pepper.

WRAP PORK TENDERLOIN IN PROSCIUTTO

Arrange prosciutto slices so that they overlap over a baking sheet. Sprinkle half of the breadcrumbs mixture over the prosciutto. Place the pork tenderloin in the middle of the prosciutto. Sprinkle with the rest of the breadcrumbs mixture and gently rub it into the meat. Tightly roll the pork. Add four sage leaves on top and tie in four intervals using a kitchen string.

SEAR THE PORK TENDERLOIN

Place a large pan over medium-high heat. Add oil and sear on all side, it will take about a minute. Make sure the prosciutto is golden-brown. Transfer to a baking sheet. Preheat your oven to 210°C / 410°F. Place the pork tenderloin in a preheated oven on the middle rack. Roast for 14 - 16 minutes. Take the roasted pork tenderloin wrapped in prosciutto from the oven and set aside for 5 minutes. It will continue to cook.

TOMATO, BEANS AND KALE SAUCE

Peel and dice the onion. Place a large pan over medium-low heat. Add olive oil and diced onion. Cook for about 5 minutes. Add diced garlic, balsamic vinegar, Worcestershire sauce, and whole canned tomatoes. Using a fork, gently crush the tomatoes. Add canned white beans and cook for about 15

450 g white beans, canned (1 pound)

5 kale leaves, stem removed

minutes over low heat. Then add kale and continue to cook for 3 - 4 minutes. Season with salt and pepper to taste.

TOOLS AND EQUIPEMENT

Sponsored

SERVE

blender or pestle and mortar

baking sheet

kitchen string

large pan

[Vacuum machine \(optional\)](#)

[Vacuum bags \(optional\)](#)

Remove the kitchen string from the roasted pork tenderloin. Slice the pork and serve with tomato, beans and kale sauce. Optionally serve with another side of your choosing.