

## SAUSAGE-STUFFED PORK TENDERLOIN WITH CREAMY MUSTARD SAUCE

**Hands-on time:** 30 minutes

**Total time:** 1 hour

**Makes:** 6 servings

Italian sausage and bread make a flavourful and moist stuffing. After rolling up the pork, your hands will be dirty, so have the butcher's twine precut and ready to go.

¼ cup	milk
1 cup	cubed (½ inch/1 cm) day-old white bread
225 g	hot or sweet Italian sausage, casings removed
450 g	pork tenderloin
1 tbsp	Dijon mustard
Pinch	each salt and pepper
2 tsp	olive oil

### **Creamy Mustard Sauce:**

1 tbsp	olive oil
2	cloves garlic, minced
1	small onion, finely chopped
¼ cup	dry white wine
⅓ cup	apple cider
¼ cup	whipping cream (35%)
1 tbsp	Dijon mustard
Pinch	each salt and pepper

In large bowl, pour milk over bread; let stand until absorbed, about 5 minutes. Mix in sausage.

Meanwhile, trim any fat from pork. Place on cutting board with narrow end closest to you. Holding knife parallel to cutting board and starting at right side, cut in half horizontally almost but not all the way through; open like a book.

Starting at centre, slice left side in half horizontally almost but not all the way through; open like a book. Turn and repeat on other side.

Place between waxed paper or plastic wrap; pound to even ½-inch (1 cm) thickness. Spread with mustard.

Spread sausage mixture in 2-inch (5 cm) wide strip lengthwise along centre of pork. Starting at long side, roll up; tie at 2-inch (5 cm) intervals



with butcher's twine. Sprinkle with salt and pepper.

In large skillet, heat oil over medium-high heat; brown pork all over, about 5 minutes. Transfer, seam side down, to rimmed baking sheet. Bake in 375°F (190°C) oven until juices run clear when pork is pierced, just a hint of pink remains inside and instant-read thermometer reads 160°F (71°C), about 25 minutes. Transfer to cutting board and tent with foil; let stand for 5 minutes before slicing.

**Creamy Mustard Sauce:** Meanwhile, in same skillet, heat oil over medium heat; cook garlic and onion, stirring often, until softened and golden, about 4 minutes.

Add wine; cook until reduced by half, about 3 minutes. Stir in cider, cream, mustard, salt and pepper; bring to boil. Reduce heat and simmer until thickened enough to coat back of spoon, 5 minutes. Serve with pork.

**PER SERVING:** about 295 cal, 24 g pro, 18 g total fat (6 g sat. fat), 8 g carb (1 g dietary fibre, 3 g sugar), 74 mg chol, 392 mg sodium, 413 mg potassium. % RDI: 4% calcium, 11% iron, 4% vit A, 2% vit C, 5% folate.