

MEALTIME HELPER

MAKING MEALTIME EASY

Braided Bacon Pork Tenderloin - Recipe

Prep time: 15 minutes

Cook time: 30–35 minutes

Total time: 50 minutes

Servings: 4-6

Ingredients

- 2 pork tenderloin
- 6 slices of bacon
- 1 tablespoon dry rub (Directions to make below)
- 1/4 teaspoon montreal steak spice or Keg spice
- 1 tablespoon olive oil
- toothpicks (enough to meat braid together)
- Dry rub:
 - Whole black pepper / Pepper corns
 - Ground pepper
 - Salt / Sea salt
 - Whole dill seed

Directions

1. **Prepare tenderloin:** Slice each tenderloin lengthwise into 3 sections keeping one end intact.
2. **Season tenderloin:** Rub tenderloin with dry rub coating generously.
3. **Braid tenderloin:** Lay a strip of bacon on each of the 3 sections and braid the 3 strips together and secure ends with toothpicks.
4. **Preheat oven:** To 375°F / 190°C
5. **Heat the Pan:** Warm a heavy pan / cast iron pan over medium-high heat. Add 1 tablespoon olive oil.
6. **Sear the tenderloin:** Place tenderloin in the heated pan bacon side up. Once seared turn over and sear bacon side.
7. **Bake tenderloin:** Transfer seared tenderloin to a parchment lined backing sheet and back in preheated oven for 30 – 35 minutes (until internal

temperature reaches 155°F / 68°C

8. **Finish and serve:** Let meat rest for 5 minutes before slicing and serving. Slice pieces about 1 inch thick. Serve with rice or potatoes and vegetables.
9. **Dry Rub Directions:**
 - a. 1/2 teaspoon Whole black pepper / Pepper corns
 - b. 1 1/2 teaspoon Ground pepper
 - c. 3/4 teaspoon Salt / Sea salt
 - d. 1/4 teaspoon Whole dill seed