

MEALTIME HELPER

MAKING MEALTIME EASY

Braided Bacon Pork Tenderloin - Shopping List

- **Meat & Pork**
 - 2 pork tenderloins
- **Bacon & Pantry**
 - 6 slices bacon
 - Toothpicks (to secure braid)
- **Oils & Cooking**
 - 1 tbsp olive oil
- **Spices & Seasonings**
 - 1/4 tsp Montreal steak spice (or Keg spice)
 - 1/2 tsp whole black peppercorns
 - 1 1/2 tsp ground black pepper
 - 3/4 tsp salt (sea salt or kosher)
 - 1/4 tsp whole dill seed
- **Optional / To Serve**
 - Rice, potatoes, or other starch for serving
 - Vegetables (e.g., green beans, carrots, broccoli)

Notes:

- Dry rub uses peppercorns, ground pepper, salt, and dill seed — buy small spice jars if needed.
- Ensure you have a heavy skillet/cast-iron pan and a baking sheet (parchment) on hand.