



Haloumi & Caper stuffed pork tenderloin

<https://www.mainland.co.nz/recipe/haloumi-and-caper-stuffed-pork-tenderloin.html>

Prep Time

15 mins+resting

COOKING Time

20-25 mins

SERVES

3-4



A rolled juicy pork tenderloin enhanced with the strong flavour of capers and balanced by the soft creaminess of Mainland Haloumi running through it.

Ingredients

- 400-500g pork tenderloin
- 6-8 slices prosciutto
- 65g (drained weight) capers, rinsed and chopped
- 1 garlic clove, crushed
- 2 Tbsp olive oil
- Small handful flat leaf parsley, roughly chopped
- Freshly ground black pepper
- 60g Mainland Haloumi Cheese

Method

1. Firstly prepare the pork. Cut the pork, horizontally lengthwise, using a large sharp knife but do not cut all the way through. Open the pork out and place between 2 large pieces of gladwrap. Using a rolling pin, bash the pork evenly all over until it is about 1cm thick. Set aside.
2. On another large piece of gladwrap, lay the prosciutto slices out in an even layer large enough to fit the pork. Place the pork on top in the centre and cover loosely with another piece of gladwrap while you prepare the filling.
3. In a small bowl combine the capers, garlic, olive oil, flat leaf parsley and season generously with black pepper. Remove the top gladwrap and spread the caper mixture evenly over the whole surface of the pork. Cut the haloumi into batons about 1cm square and 6cm long. Place the haloumi in a line lengthwise, about 1/3 from the front of the pork.
4. Using the gladwrap as a guide, roll the pork tightly, keeping the prosciutto on the outside. Wrap tightly in the gladwrap, securing the ends like a sausage. Place in the fridge for at least a couple of hours or overnight.
5. Preheat the oven to 180°C. Heat a non-stick frying pan with a little oil over high heat. Remove the gladwrap from the pork and cook on all sides, three - four minutes, or until evenly golden all over. Transfer to an oven-proof dish and cook for a further 15-20 minutes in the preheated oven until cooked.
6. Serve the pork sliced with home-made chips and fennel salad if liked.