



# Pesto stuffed pork loin

25'  
Hands on

210'  
Cook Time

8-10  
Portion(s)

2  
Difficulty



## Method

### For the pesto

- In a blender add the garlic, the olive oil, and beat well until the garlic is dissolved.
- Add the basil, the oregano, the rosemary, and beat until mashed.
- Add the hazelnuts and beat until they are well crushed. Add salt, pepper, the parmesan, and beat for a few seconds.

### For the pork

- Preheat the oven to 160° C (320° F) set to fan.
- With a **knife**, score the pork and open up its surface.
- Add 1 tablespoon olive oil, salt, pepper, and the pesto. Spread over its whole surface and wrap into a roll.
- Tie with kitchen twine so that the pork keeps its shape and cooks evenly.
- Wrap with parchment paper and aluminum foil, and transfer to a **baking pan** with a rack.
- Spread 1 tablespoon olive oil, salt, pepper, and roast for 3 hours. Uncover and increase the oven's temperature to 180° C (350° F). Roast for 20-25 more minutes until golden.

### To serve

- Place a **frying pan** over high heat and add the butter.
- Cut the Brussels sprouts and the carrots into small pieces and add them to the pan.
- Add salt, pepper, and sauté. Add the rice, mix, and serve.

## Ingredients

### For the pesto

- 3 clove(s) of garlic
- 100 g olive oil
- 20 g basil leaves
- 1 tablespoon(s) oregano
- 1 tablespoon(s) rosemary
- 50 g hazelnuts
- salt
- pepper
- 50 g parmesan cheese

### For the pork

- 2 kilos pork leg
- 2 tablespoon(s) olive oil
- salt
- pepper

### To serve

- 40 g butter
- 250 g Brussels sprouts
- 250 g baby carrots
- salt
- pepper
- 500 g basmati rice, boiled

## Διατροφικός πίνακας

### Nutrition information per portion

|                           |                       |                             |                           |
|---------------------------|-----------------------|-----------------------------|---------------------------|
| 417<br>Calories<br>(kcal) | 29.0<br>Total Fat (g) | 7.0<br>Saturated<br>Fat (g) | 0.7<br>Total Carbs<br>(g) |
| 21%                       | 41%                   | 35%                         | 0%                        |
| 0.5<br>Sugars (g)         | 38.0<br>Protein (g)   | 0.7<br>Fibre (g)            | 6.0<br>Sodium (g)         |
| 1%                        | 76%                   | 3%                          | 100%                      |