



Lemon-and Prosciutto-Stuffed Pork Loin Roast with Broccoli

READY IN



150 min.

SERVINGS



10

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black divided freshly ground
- ☐ 4 pound pork loin boneless trimmed
- ☐ 1.5 pounds broccoli trimmed
- ☐ 2 tablespoons butter ()
- ☐ 1.5 teaspoons kosher salt divided
- ☐ 1 tablespoon cornstarch mixed with 1 tablespoon water
- ☐ 0.3 cup chives fresh chopped
- ☐ 1 large optional: lemon very thinly sliced

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 cup chicken broth
- ☐ 3 tablespoons olive oil
- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 1 cup wine dry white
- ☐ 6 ounces pancetta thin

Equipment

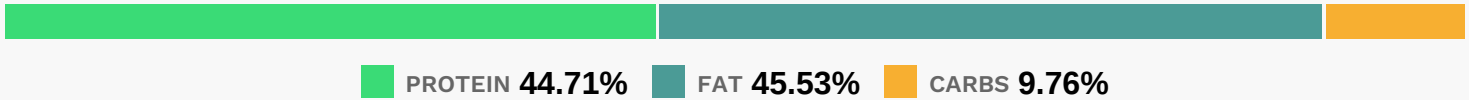
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ kitchen scissors
- ☐ cutting board
- ☐ kitchen twine

Directions

- ☐ Place pork, fat side down, on work surface with 1 short end facing you. Using long thin sharp knife and starting 1/2 inch above underside of roast, cut 1/2 inch in along right side. Continue cutting 1/2 inch above underside, unrolling roast like carpet. Arrange prosciutto evenly over pork, overlapping if necessary. Arrange lemon slices over prosciutto.
- ☐ Sprinkle with panko, then chives.
- ☐ Sprinkle with 1/2 teaspoon coarse salt and 1/2 teaspoon pepper. Turn pork so 1 short end faces you. Beginning at 1 short end, roll up pork; arrange seam side down on work surface (fat side will be facing up). Using kitchen string, tie at 1- to 1 1/2-inch intervals.
- ☐ Transfer pork, fat side up, to roasting pan.
- ☐ Sprinkle with 1 teaspoon coarse salt and 1/2 teaspoon pepper.

- ☐ Cook broccolini in pot of boiling salted water until crisp-tender, about 2 minutes.
- ☐ Drain; cool. DO AHEAD: can be made 1 day ahead. Cover pork; chill. Wrap broccolini in paper towels, then plastic; chill.
- ☐ Position 1 rack in top third and 1 rack in bottom third of oven; preheat to 450&Deg;F.
- ☐ Place pork on lower rack; roast 15 minutes. Reduce oven temperature to 325°f; roast pork until instant-read thermometer registers 145°F when inserted into center of pork, 45 to 60 minutes longer, depending on thickness of roast.
- ☐ Transfer to cutting board. Increase oven temperature to 375°F.
- ☐ Divide broccolini between 2 rimmed baking sheets.
- ☐ Drizzle olive oil over, sprinkle with salt and pepper, and toss to coat.
- ☐ Place in oven and roast until tender and lightly browned, about 10 minutes, reversing sheets halfway through roasting.
- ☐ Meanwhile, place roasting pan over 2 burners on medium-high heat.
- ☐ Add broth and wine; bring to boil, scraping up any browned bits. Boil until reduced to 1 cup, about 8 minutes. Stir in butter.
- ☐ Add cornstarch mixture and stir until sauce thickens, 1 to 2 minutes. Strain sauce into small pitcher. Season with salt and pepper.
- ☐ Using kitchen scissors, cut string along top of roast; discard.
- ☐ Cut pork into 1/2-inch- thick slices; arrange on platter.
- ☐ Drizzle lemon juice over broccolini; season with salt and pepper.
- ☐ Serve pork with broccolini, passing sauce alongside.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.31, Inflammation Score:-8, Nutrition Score:25.784347440885%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Eriodictyol: 2.38mg, Eriodictyol: 2.38mg, Eriodictyol: 2.38mg, Eriodictyol: 2.38mg Hesperetin: 3.33mg,

Hesperetin: 3.33mg, Hesperetin: 3.33mg, Hesperetin: 3.33mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 438.27kcal (21.91%), Fat: 20.94g (32.21%), Saturated Fat: 6.63g (41.45%), Carbohydrates: 10.1g (3.37%), Net Carbohydrates: 8.77g (3.19%), Sugar: 2.38g (2.64%), Cholesterol: 131.55mg (43.85%), Sodium: 619.04mg (26.91%), Alcohol: 2.47g (100%), Alcohol %: 0.92% (100%), Protein: 46.26g (92.53%), Vitamin C: 69.32mg (84.02%), Selenium: 54.57µg (77.96%), Vitamin B6: 1.44mg (72.22%), Vitamin B1: 0.89mg (59.12%), Vitamin B3: 11.68mg (58.39%), Phosphorus: 452.6mg (45.26%), Vitamin A: 1324.04IU (26.48%), Zinc: 3.58mg (23.88%), Vitamin B2: 0.38mg (22.39%), Potassium: 778.35mg (22.24%), Vitamin B12: 1.05µg (17.49%), Vitamin B5: 1.51mg (15.05%), Magnesium: 54.95mg (13.74%), Iron: 2.02mg (11.22%), Calcium: 72.19mg (7.22%), Copper: 0.14mg (7.11%), Vitamin E: 1mg (6.69%), Fiber: 1.33g (5.31%), Vitamin D: 0.79µg (5.29%), Vitamin K: 5.48µg (5.22%), Manganese: 0.1mg (5.21%), Folate: 6.11µg (1.53%)