

Pork Tenderloin alla Napoli



If you like the robust flavor of olives, tomatoes, and rosemary, this is the dish for you. I find it works best using a cast iron skillet.

Prep: 15 mins

Cook: 40 mins

Total: 55 mins

Servings: 6

Yield: 6 servings



Ingredients

1 tablespoon olive oil
2 (3/4 pound) pork tenderloins
2 Roma (plum) tomatoes, seeded and chopped
¼ cup chopped green olives
¼ cup dry white wine
1 teaspoon chopped fresh rosemary
2 cloves garlic, minced
½ teaspoon salt
¼ teaspoon pepper
½ cup heavy cream

Directions

Step 1

Preheat oven to 400 degrees F (200 degrees C). Heat the oil in a cast iron skillet over medium-high heat. Brown pork on all sides in the skillet.

Step 2

Mix the tomatoes, olives, wine, rosemary and garlic in a bowl. Pour over the pork. Season with salt and pepper.

Step 3

Place skillet with pork in the preheated oven, and bake 30 minutes, to a minimum internal temperature of 145 degrees F (63 degrees C).

Step 4

Remove pork from skillet, leaving remaining tomato mixture and juices. Place skillet over medium heat, and gradually mix in the cream. Stirring constantly, bring to a boil. Reduce heat to low, and continue cooking 5 minutes, until thickened. Slice pork, and drizzle with the cream sauce to serve.

Nutrition Facts

Per Serving:

207 calories; protein 18g; carbohydrates 2.1g; fat 13g; cholesterol 75.6mg; sodium 381mg.