

Bacon Wrapped Pork Tenderloin: Apple Stuffed & Roasted to Perfection

Prepare to impress without the stress! This



OVEN
450°F

TIME
5 to 7 min

TEMP
145°F

BEST BACON
Thin-cut

INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 1 medium apple, peeled and cut into a very small dice (about 1 cup)
- 1/3 cup finely diced sweet onion
- 2 cloves garlic, minced
- 1 tablespoon chopped fresh thyme
- 1 tablespoon balsamic vinegar
- 1 tablespoon Dijon mustard
- Salt and pepper, to taste (about 1/8 teaspoon each)
- 1 to 1 1/4 pounds pork tenderloin
- 12 ounces bacon (8-10 strips), cut in half

Swaps and Notes:

Apple: A firm, sweet-tart apple like Honeycrisp, Fuji, or Gala works best. You could also try pears for a different twist.

Onion: Sweet onion is ideal here as it softens and caramelizes nicely, but a yellow onion would also work.

Thyme: Fresh thyme is wonderful, but 1 teaspoon of dried thyme can be used in its place. Fresh rosemary would also be a lovely addition.

Balsamic Vinegar: This adds a touch of acidity and sweetness that balances the stuffing. Don't skip it!

Dijon Mustard: The Dijon adds a subtle tang that brightens the apple mixture.

Pork Tenderloin: Ensure it's a tenderloin, not a

pork loin, as they cook differently.

Bacon: Thin-cut bacon might crisp up faster, but thicker cut will give you more chew. Adjust broiling time accordingly.

DIRECTIONS

1. Let's get this impressive : Bacon Wrapped Pork Tenderloin roasted to perfection!
2. Preheat : Oven & Prep Pan: Preheat your oven to a high 450 degrees F (230 degrees C). Lightly coat a rimmed baking sheet with nonstick cooking spray or line with parchment paper for easier cleanup. Set it aside.
3. Make the : Apple-Onion Stuffing: Heat the olive oil in a nonstick skillet over medium heat. Add the diced apple and finely diced sweet onion to the skillet. Cook for 5 to 7 minutes, stirring occasionally, until they are softened and lightly golden. Add in the minced garlic and chopped fresh thyme; sautØ until fragrant, about 30 seconds. Remove the skillet from the heat. Stir in the balsamic vinegar, Dijon mustard, salt, and pepper. Give it a good mix. Set the stuffing aside to cool briefly while you prepare the pork.
4. Prepare the : Pork Tenderloin: Remove any silver skin (a tough, silvery membrane) from the pork tenderloin using a sharp knife. Trim off any excess fat. Now, carefully cut a deep lengthwise slit down the center of the tenderloin, stopping about 1/2-inch from the bottom of the roast. You want to open it up like a book, but not cut all the way through. Cover the butterflied pork with a piece of plastic wrap. Using a meat mallet or a rolling pin, gently pound the pork into an even thickness (about 1/2 to 3/4 inch thick). This creates a larger surface for stuffing and helps with even cooking.
5. Stuff the : Tenderloin: Remove the plastic wrap. Spread the cooled apple and onion mixture in a line along the center of the pounded-out meat. Carefully bring the edges of the meat together, trying to return

it to its original log shape, enclosing the stuffing. Secure the seam with a few wooden toothpicks if needed.

6. **Wrap with : Bacon:** On a clean cutting board or a large piece of parchment paper, lay out the bacon slices, overlapping them slightly to create a continuous "sheet" of bacon. Place the stuffed pork tenderloin on top of the bacon, with the toothpicks (if used) facing up. As you work, gently remove the toothpicks and carefully wrap the bacon slices around the pork to form a tightly wrapped log. Ensure the bacon seam is on the bottom.
7. **Roast to : Perfection:** Place the bacon-wrapped tenderloin, bacon seam side down, on your prepared baking sheet. Roast in the preheated 450°F (230°C) oven for 20 to 25 minutes, or until an instant-read thermometer inserted into the center of the thickest part of the meat (avoiding the stuffing) registers 145 degrees F (63°C) for medium-rare to medium, and the bacon is beautifully brown and crisp. **Broiler Tip:** If your pork reaches 145°F (63°C) but the bacon isn't as crisp or browned as you'd like, you can place the tenderloin under the broiler for an additional 3 to 5 minutes. Watch it very carefully during this step, as bacon can burn quickly! Do not overcook the pork, as tenderloin can dry out.
8. **Rest and : Serve:** Once roasted, remove the tenderloin from the oven and let it rest for 5-10 minutes on a cutting board. This resting period allows the juices to redistribute throughout the meat, ensuring a tender and moist result. After resting, slice the tenderloin into thick rounds and serve immediately with some of the delicious pan juices spooned over the top.

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TIPS FOR SUCCESS

Butterfly Carefully: Take your time butterflying the pork tenderloin.

The goal is an even thickness for consistent cooking.

Don't Overcook Pork: Pork tenderloin is lean and cooks quickly.

Use a meat thermometer! 145°F (63°C) is the target for medium-rare, with a slight carryover cook.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/bacon-wrapped-pork-tenderloin-apple-stuffed-roasted-to-perfection/>