



Pork Tenderloin Stuffed with Spiced Quinoa and Peaches

Serves 2 for a main course, 4 for appetizers

This is a nice way of serving pork tenderloin, using a quinoa stuffing that can also do double-duty as a side dish.

The quinoa is spiced Moroccan style, making use of spices that most people will have in their pantry. While this recipe includes a couple of components, they are prepared quickly and once prepared, easy to assemble -- providing something a little out of the ordinary for family or dinner guests.

This recipe is gluten-free.

1 1/2 to 2 lb Maple Leaf Prime Pork Tenderloin

Spice rub:

- 1 1/2 teaspoon chili powder
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground allspice
- 1 teaspoon seasalt
- 1 1/2 teaspoon brown sugar

Butterfly the pork tenderloin and flatten it out so that it is approximately 3/4" thick. Rub the spice rub over all surfaces of the pork tenderloin and let it sit while the quinoa cooks

Spiced Quinoa:

- 1 teaspoon grapeseed oil (or other neutral vegetable oil)
- 2 teaspoons chili powder
- 2 teaspoon ground cinnamon
- 2 Tablespoons pumpkin seeds
- 3 Tablespoons minced shallot
- 1/2 teaspoon salt
- 1/2 cup quinoa
- 1 cup water



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Heat the oil in a small saucepan over medium-high heat. Sauté the shallots for 2-3 minutes, then add the quinoa, heating until they start to pop. Add the chili powder, cinnamon, pumpkin seeds and salt, sauté for 1 minute more, then add the water. Reduce the heat to minimum and let cook for 10-15 minutes, until all the water is absorbed. Remove from heat and let sit for another 5 minutes.

Heat a BBQ grill to medium-high for at least 10 minutes before cooking the pork.

Take 1/3 of the quinoa and spoon down the centre of the pork tenderloin, Lay in the middle:

- 1 peach, sliced

Roll up the tenderloin, trussing with butchers twine to secure. Drizzle with oil and cook on the heated BBQ grill (about 4-5 minutes per side, rotating around 4 sides), until done.

When the tenderloin is done, remove from heat and let rest for 10 minutes before slicing and serving with the remaining spiced quinoa. Sautéed green beans and grilled peaches make an excellent accompaniment