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### Pork Tenderloin Involtini

1 Pork Tenderloin  
1c Arugula, Steamed or Sautéed  
2c Spinach, Steamed or Sautéed  
4 oz. Havarti Cheese

Sea Salt and Black Pepper to Taste  
1 Small Red Onion, (Caramelized)  
8 T Extra Virgin Olive Oil  
Kitchen String

#### Procedure:

Remove all fat and silver skin from the tenderloin. Using a Chef or Boning knife, carefully butterfly the tenderloin open. Season the pork with salt and pepper. Lay the spinach and Arugula down the center of the pork lengthwise. Add the onions and cheese. Carefully fold in the ends and roll the pork back to the original shape. Using the kitchen string tie the pork snugly without cutting into the meat. You may use a series of about 4 to 5 single strings or use one long piece. Season the outside of the pork and sear in a hot oven safe pan with the oil. Roast in a 400 degree oven for 8 to 10 minutes or until desired temperature. Remove from oven and let rest for 8 minutes. Remove the string and slice into medallions.

### Tomato and Toasted Cumin Sauce

4 Ripe Local Tomatoes, Peeled and Chopped  
1 Small Yellow Onion, Sliced  
4 Cloves Garlic  
2 T Cumin (Toasted in dry pan)

¼ C Extra Virgin Olive Oil  
Salt and Pepper to taste  
Crushed Chili to taste (Optional)

#### Procedure:

Slice onion and sauté in olive oil with the garlic until translucent. Add in your tomatoes and reduce to desired thickness. Add in your cumin, salt, and pepper and (crushed chilies, optional).

### Shopping List

1 Package Pork Tenderloin (Not Pork Loin)  
1 Head Garlic  
Havarti Cheese, Small Package  
Spinach  
Arugula  
1 Red Onion

1 Yellow Onion  
Extra Virgin Olive Oil, 1 Small Bottle  
4 Ripe Tomatoes  
Ground Cumin  
Crushed Chilies  
Salt and Pepper



*Two Cooks Catering is a proud supporter of the Central Coast Grown Program,  
and uses fresh, local produce and other ingredients in the food we make.*