



# Broccoli and Pistachio Pesto Stuffed Loin

## INGREDIENTS

1 ½ cups broccoli florets  
⅓ cup roasted and salted shelled pistachios, plus additional for garnish  
1 clove garlic  
¾ cup Italian parsley, tightly packed and chopped; plus additional for garnish  
⅓ cup Gustare Vita olive oil  
⅓ cup Asiago cheese, grated  
¾ tsp Hy-Vee crushed red pepper  
¾ tsp kosher salt, divided  
2 ¼ tsp Hy-Vee ground black pepper, divided  
1 (3-lbs.) Hy-Vee boneless pork top loin roast  
1 tbsp Hy-Vee granulated sugar  
2 tbsp Hy-Vee vegetable oil  
1 lemon, zested; for garnish  
fresh bay leaves, for garnish

## PREPARATION

- 1** Cook broccoli in lightly salted simmering water for 2 to 3 minutes or until crisp-tender. Drain well. Transfer to a cutting board; coarsely chop and set aside.
- 2** For Pesto, place ⅓ cup pistachios and garlic clove in a food processor. Cover and pulse until coarsely chopped. Add cooked broccoli and ¾ cup parsley. Cover and process just until combined. With processor running, slowly add olive oil and process until smooth. Stir in Asiago cheese, crushed red pepper, ¼ teaspoon salt, and ¼ teaspoon black pepper. Set aside.
- 3** Preheat oven to 350°. Line a large rimmed baking pan with foil. Place a wire rack in the pan and lightly spray with nonstick spray. Set aside.
- 4** To roll-cut, the pork loin, place pork loin lengthwise on a cutting board. Make a ½-inch deep lengthwise slit on one side of the roast, 1-inch parallel from the cutting board. Continue cutting, gently unrolling the roast at the same time. When completed, the roast should be rectangular and 1-inch thick. If thickness is uneven, place a large piece of plastic wrap on top of roast; lightly pound to an even thickness using the flat side of a meat mallet.
- 5** Sprinkle both sides of pork with remaining 2 teaspoons salt, 2 teaspoons black pepper, and sugar. Place pork, cut side up, on cutting board. Spread with pesto to within ½-inch of all edges. Starting from a long side, tightly roll up into a spiral. Tie pork together at 1-inch intervals using 5 (10-inch each) pieces of kitchen string.
- 6** Heat vegetable oil in a large skillet over high heat. Carefully sear pork loin 1 minute on each side or until lightly browned. Place rolled pork, seam side down, on prepared rack in pan.
- 7** Roast pork for 55 to 70 minutes or until an instant-read thermometer inserted into center reaches 165°. Transfer pork to a clean cutting board. Loosely cover with foil; let rest for 15 to 20 minutes before slicing.
- 8** To serve, remove kitchen string. Slice pork and arrange on serving platter. Garnish with additional pistachios, additional parsley, lemon zest, and bay leaves, if desired.

## NUTRITION FACTS

Calories: 360  
Total Fat: 20g  
Saturated Fat: 4g  
Trans Fat: 0g  
Cholesterol: 110mg

Sodium: 730mg  
Carbohydrates: 5g  
Fiber: 1g  
Sugar: 2g  
Protein: 39g