

# Keto Pumpkin & Sage Hasselback Pork

Hands-on 15 minutes Overall 40 minutes

**Nutritional values (per serving):** Total carbs: 4.2 g, Fiber: 0.3 g, **Net carbs: 4 g**,

Protein: 43.2 g, Fat: 14.8 g, Calories: 330 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 6 servings)

- 2 pork tenderloins (1 kg/ 2.2 lb)
- 200 g fresh pumpkin (7.1 oz)
- 24 fresh sage leaves
- 200 g mozzarella, fresh *or* low-moisture pizza-style (7.1 oz)
- salt and pepper, to taste
- 2 tbsp xtra virgin olive oil *or* melted ghee for dressing (30 ml)

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## Instructions

1. Preheat oven to 200 °C/ 400 °F (fan assisted), or 220 °C/ 425 °F (conventional).
2. Make 12 slits in the top of each tenderloin. (I find that placing a wooden spoon or knife alongside the meat, as a guide, makes it easier to cut each slice evenly, without cutting too far through.) Place the loins onto a lined baking tray and season with salt and pepper.
3. Peel the pumpkin and cut it into 24 slices, sized to fit the slits in the pork. (I cut each one into about 1/4 cm/ 1/8 inch thick slices.) Push a slice of pumpkin into each slit in the pork.
4. Repeat with the mozzarella slices and add next to the pumpkin into each slit.
5. Place a single fresh sage leaf in-between the pumpkin and mozzarella in each slit.
6. Drizzle with olive oil or melted ghee and bake the tenderloins for 20 to 25 minutes, or until they reach 65 °C/ 150 °F internally. Remove from oven and rest for at least 10 minutes prior to slicing.
7. Serve with steamed greens or [low-carb sides of choice](#).
8. Store, wrapped in cling wrap or foil, in the fridge for up to five days.

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