

Pork Loin Stuffed with Pumpkin & Sausage

Hands-on 30 minutes Overall 1 hour 30 minutes



Nutritional values (per serving, 1 slice): Total carbs: 4.7 g, Fiber: 0.9 g, **Net carbs: 3.9 g**,

Protein: 46.5 g, Fat: 36.4 g, Calories: 540 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

Ingredients (makes 8 servings)

- 1.4 kg pork loin (3 lb)
- 1 lb gluten-free sausage meat (450 g)
- 2 tbsp ghee (30 g / 1.1 oz)
- 1 medium white onion (110 g/ 3.9 oz)
- 4 cloves garlic
- 2 cups diced pumpkin (230 g/ 8.1 oz)
- 1/2 average Spanish chorizo sausage *or other hard sausage* (100 g/ 3.5 oz)
- 1 tbsp each freshly chopped rosemary and sage
- 1 tsp salt or more to taste (I like pink Himalayan)
- 1/2 tsp freshly ground black pepper

Suggestions for Sides:

Ultimate Keto Gravy - you can use meat drippings from the loin to make it

Creamy Keto Mash

Instructions

- Prepare the stuffing.** Preheat the oven to 230 °C/ 450 °F. Remove the sausage casing and place the sausage meat on a hot pan greased with a tablespoon of ghee. Break any large pieces with a spatula.
- Cook until the meat is browned from all sides. This will take just 6-8 minutes. Then, use a slotted spoon and transfer the meat in a large mixing bowl. Set aside. Peel and slice the onion and chop the garlic. Place in a the same pan greased with the remaining ghee.
- Cook over a medium heat until fragrant and lightly browned. This will take about 10 minutes. Meanwhile, dice the chorizo (or any hard sausage) and chop the rosemary and sage.
- Add the chorizo, rosemary and sage into the pan with onion and garlic and cook for just about 2 minutes over a medium heat.
- Place the pumpkin in the pan and cook for 8-10 minutes until fork-tender. When done, take off the heat and transfer to the bowl with the cooked sausage. Mix until well combined.
- Score the loin** using a sharp knife. Make the cuts close together and cut through the skin and fat, but not through the meat. *I used a large loin but you can use two smaller tenderloins instead.*
- Butterfly the loin.** Using a sharp knife held parallel to your work surface, start slicing the meat lengthwise ...
- ... slowly pressing it out to create a flat loin you can roll up.
- Pound it with a meat mallet if too thick. Season with salt and black pepper. Then, stuff the loin. Spread the stuffing over the meat, leaving a 1 to 2-inch border all around. Starting at a long side, roll up the pork to enclose the filling. To prevent the stuffing from falling out while roasting, fold about an inch of the short edges in as you roll.
- Firmly tie a kitchen string around the meat. Start by tying the loin lengthwise and then widthwise in four or five places, or place it in a butcher's netting. Season with salt and pepper.
- Cook in the oven for 20 minutes. Then, turn the heat down to 170 °C/ 325 °F and cook for another 40 minutes or until the meat is cooked through. It's cooked when your instant read thermometer shows 80 °C/ 175 °F. When done, cover with foil and let it rest. *When hot, the loin will be fragile and the stuffing may fall out as you slice it. Once it cools down completely, the stuffing will set.*
- You can use the meat drippings to make Ultimate Keto Gravy and serve the loin with Creamy Keto Mash. Enjoy! :-)

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