

George Foreman

Great Tasting Healthier Food In Minutes

Sausage and herb stuffed pork



quick & easy snacks



serves 4 people



10 MINS cooking time



great for kids

"makes it convenient to grill the thickest of foods fast & evenly"

You will need:

- 228g of low fat uncooked sausage
- ½ cup of fresh breadcrumbs
- 2 tbsp fresh parsley
- ½ tsp thyme
- ½ tsp marjoram
- 1 tsp black pepper coarsely ground
- 4 x 228g pork tenderloins

To make:

Remove any visible fat from the pork. In a medium mixing bowl, combine the sausage, breadcrumbs, parsley, thyme, marjoram & pepper. With a sharp knife, cut a slit sideways almost completely through each tenderloin to create a pocket.

Open the tenderloins and place one fourth of the sausage stuffing inside each. Press the edges of the pockets to close, place the tenderloins on a pre heated grill for 6–8 minutes, or until the pork & stuffing are completely cooked. With the plastic spatula, carefully scoop the pork from the grill.