

Bacon Wrapped Pork Tenderloin with Couscous

Cooking Instructions

This is an all-in-one dish.

Couscous: Bring 1 1/2 cups water to a boil. Add couscous, stir, and cover. Let sit for 10 min. Fluff with a fork. Add salt and pepper to taste. Optionally, stir in a pat of butter!

Tenderloin – Choose One:

Freezer to Oven: Preheat oven to 425F. Bake tenderloin on center rack, covered loosely, for 45 min. Uncover and bake 25-30 min more until internal temp of 145F is reached. Let stand 10 min before slicing. See Optional notes below.

Freezer to Air Fryer: Place pork tenderloin on center rack. Air fry at 370F for approx 32 min until internal temp is reached.

Thawed: Preheat oven to 425F. Bake tenderloin on center rack, uncovered, for 30-40 minutes until int temp is reached.

Optional: Brown/crisp bacon by broiling on center rack for the last 3-5 min of cooking, if needed, but watch closely, as dishes can quickly burn while broiling! Let stand 10 min before slicing.

Internal Temperature: 145F. Be careful not to overcook pork. It is a lean meat and becomes tough when overcooked. Using an instant-read meat thermometer is highly recommended!

Serving Suggestions: Serve with roasted Brussels sprouts and salad. Chianti.

Please note: Cooking times are estimates and vary based on your actual oven, stovetop, or slow cooker, as well as item thickness and starting temperature. For best results, always verify the internal temperature of your meals. We recommend instant-read pocket thermometers – they are inexpensive, convenient, and very easy to use!



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