

Oven Fried Pork Tenderloin Sandwiches

Servings : 4

Amount	Measure	Ingredient - Preparation Method
1		pork tenderloin
1		egg
1/4	cup	milk
4	tablespoons	butter
1/2	cup	all-purpose flour
1/2	cup	panko bread crumbs
1	tablespoon	seasoned salt
1/2	teaspoon	pepper

Preheat oven to 375.

Trim a pork tenderloin. Cut into 4 equal pieces. Butterfly the pieces by cutting 3/4 of the way through and folding back to double size.

Pound to 1/4-1/2 inch thick.

Place 4 tablespoons butter on a large baking tray and place in oven to melt. Set up 2 pans. In the first, combine egg and 1/4 cup milk. Whisk well. In the second, 1/2 cup flour, 1/2 cup panko, 1 tablespoon seasoned salt and 1/2 tsp pepper. Coat meat in egg wash. Shake to remove excess.

Coat well in flour mixture and shake. Place in tray with butter.

Place in oven for 20 minutes. Flip and bake another 10 until golden brown.