



# U C O O K

— COOKING MADE EASY

## MOROCCAN-SPICED PORK ROAST

**with a roast veg spelt salad, dried  
cranberries & chimichurri**

Add a touch of Moroccan flair to the week with oven-roasted pork fillet, basted with butter and a blend of North African spices. The bite of chimichurri dressing ignites a hearty salad of tender spelt, green beans, roast julienne carrot, and tangy dried cranberries.

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**Hands-On Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People

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**Chef:** Fatima Ellemdeen

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**Health Nut**

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## Ingredients & Prep

200ml	Pearled Spelt
10ml	Vegetable Stock
120g	Chickpeas <i>drained &amp; rinsed</i>
150g	Julienne Carrot
20ml	NOMU Moroccan Rub
20g	Sunflower Seeds
200g	Green Beans <i>rinsed, trimmed &amp; halved</i>
300g	Free-Range Pork Fillet
30g	Dried Cranberries <i>roughly chopped</i>
30ml	Pesto Princess Chimichurri
40g	Green Leaves <i>rinsed</i>
80g	Danish-Style Feta <i>drained</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Tinfoil  
Paper Towel  
Butter

**1. COOK THE GRAIN** Preheat the oven to 180°C. Rinse the spelt and place in a pot with the stock. Submerge in 500ml of water, place over a medium-high heat, and bring to the boil. Once boiling, reduce the heat and simmer for 30-40 minutes. Stir occasionally as the water is absorbed, only adding more if required during the cooking process. On completion, the spelt should be tender. Drain if necessary.

**2. CRUNCHY ELEMENTS** Place the drained chickpeas and julienne carrot on a roasting tray. Coat in oil, half of the Moroccan Rub, and some seasoning. Spread out evenly and roast in the hot oven for 15-20 minutes until crispy.

**3. SEEDS & BEANS** Place the sunflower seeds in a nonstick pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool. Return the pan to a medium-high heat with a drizzle of oil and a splash of water. When starting to bubble, simmer the halved green beans for 3-4 minutes until cooked al dente. Transfer to a salad bowl, season to taste and set aside.

**4. MOROCCAN-SPICED PORK** Return the pan to a medium-high heat. Pat the pork fillet dry with paper towel, coat in oil, and season to taste. When the pan is hot, sear the pork for 4-6 minutes, shifting as it colours, until browned all over but not cooked through. During the final minute, baste the pork with a knob of butter and the remaining Moroccan Rub. On completion, place in some tinfoil and pour in any juices from the pan. Close up tightly and roast in the oven for 7-9 minutes until cooked through to your preference. Remove from the oven on completion and allow to rest inside the tinfoil for 5 minutes before thinly slicing.

**5. MIX UP YOUR SIDES** When the spelt is cooked, add to the bowl of blanched green beans. Mix in the crispy roast veg and three-quarters of the chopped cranberries and set aside for serving. Place the chimichurri in a small bowl and gradually mix with oil in 5ml increments until drizzling consistency. In a separate bowl, toss the rinsed green leaves with some olive oil and season to taste.

**6. TIME TO MUNCH!** Serve some veg and spelt salad, top with the slices of spiced pork and crumble over the drained feta. Side with the dressed green leaves and drizzle over the chimichurri dressing. Finish with the sunflower seeds and the remaining cranberries. Scrumptious!



## Chef's Tip

To cook food 'al dente' means to cook it so that it's still firm when bitten. It should be tender, but not soft. This typically refers to pasta, but also applies to other grains, as well as a range of veg. Remember this when you see 'al dente' in other recipes!

## Nutritional Information

Per 100g

Energy	701kJ
Energy	170Kcal
Protein	11.1g
Carbs	18g
of which sugars	3.6g
Fibre	4.5g
Fat	5.4g
of which saturated	1.9g
Sodium	343mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 2  
Days