



U C O O K

— COOKING MADE EASY

Moroccan Pork Feast

with roast veg, sultanas & a creamy pesto dressing

Add a touch of Moroccan flair to the week with this sophisticated spice blend, infusing succulent pork fillet and roast julienne carrot and chickpeas. Served atop hearty spelt, flecked with sultanas, and splashed with a rocket pesto and smooth cottage cheese dressing.

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Tess Witney



Health Nut

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Ingredients & Prep

100ml	Pearled Spelt
5ml	Vegetable Stock
60g	Chickpeas <i>drained & rinsed</i>
75g	Julienne Carrot
10ml	NOMU Moroccan Rub
10g	Pumpkin Seeds
100g	Green Beans <i>rinsed, trimmed & halved</i>
150g	Pork Fillet
15g	Golden Sultanas
40ml	Smooth Low Fat Cottage Cheese
15ml	Pesto Princess Rocket Pesto
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. DON'T GO AGAINST THE GRAIN! Preheat the oven to 180°C. Rinse the spelt, place in a pot, and stir through the stock. Submerge in 300ml of water, place over a medium-high heat, and pop on a lid. Once boiling, reduce the heat and simmer for 30-40 minutes with the lid slightly ajar until tender but still bouncy. Stir occasionally as the water is absorbed, only adding more if required during the cooking process. Remove from the heat on completion and drain if necessary.

2. GET CRUNCHY 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 pumpkin seeds in a nonstick pan over a medium heat. Toast for 3-5 minutes until they begin to pop and turn brown. Remove from the pan on completion and set aside to cool. Return the pan to a medium-high heat with a splash of water to cover the base. When bubbling, simmer the halved green beans for 2-3 minutes until cooked al dente. Add a drizzle of oil and fry for another minute. Transfer to a salad bowl, season, and set aside.

4. PORK WITH MOROCCAN SPICE Return the pan to a medium-high heat. Pat the pork dry with paper towel, coat in oil, and season. When the pan is hot, sear the pork for 4-6 minutes, shifting and turning as it colours. During the final 1-2 minutes, baste with a knob of butter (optional) and the remaining Moroccan Rub to taste. On completion, it should be browned all over and cooked through to your preference. Remove from the pan and allow to rest for 5 minutes before thinly slicing. Reserve the juices from the pan for serving.

5. MIX UP YOUR SAUCE & SIDES When the spelt is cooked, add it to the bowl of green beans. Toss through the crispy veg and three-quarters of the sultanas. Set aside for serving. In a small bowl, combine the pesto with the cottage cheese. Gradually loosen with water in 5ml increments until drizzling consistency and season to taste.

6. TIME TO MUNCH Serve up some spelt salad, top with the slices of spiced pork, and pour over the juices from the pan to taste. Side with the green leaves and drizzle over the creamy pesto dressing. Garnish with the toasted pumpkin seeds and the remaining sultanas. Scrumptious!



Chef's Tip

Spelt has remained in its original, power-packed form for 8000 years! Although it's a relative of wheat, it's higher in both fiber and protein. With equally impressive levels of magnesium, zinc, and iron, it's a formidable ancient grain!

Nutritional Information

Per 100g

Energy	638kJ
Energy	153Kcal
Protein	10.9g
Carbs	19g
of which sugars	5g
Fibre	4.3g
Fat	3.5g
of which saturated	0.8g
Sodium	283mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts

Cook
within 2
Days