



UCCOOK

Za'atar Pork Fillet & Carrots

with a fresh herbed yoghurt

Hands-on Time: 30 minutes

Overall Time: 45 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	305kJ	2080kJ
Energy	73kcal	498kcal
Protein	7g	47.4g
Carbs	8g	52g
of which sugars	3g	18g
Fibre	2g	15g
Fat	1.2g	8g
of which saturated	0.4g	2.5g
Sodium	27.9mg	190.1mg

Allergens: Cow's Milk, Allium, Sesame

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
240g	480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
1	1	Onion <i>peel & cut ½ [1] into wedges</i>
30ml	60ml	Low Fat Plain Yoghurt
3g	5g	Fresh Parsley <i>rinse & roughly chop</i>
10ml	20ml	Lemon Juice
60g	120g	Chickpeas <i>drain & rinse</i>
100g	200g	Broccoli Florets <i>rinse & cut into bite-sized pieces</i>
150g	300g	Pork Fillet
5ml	10ml	Old Stone Mill Za'atar Spice

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

1. CARROT & ONION ROAST Preheat the oven to 200°C. Spread the carrot and onion on a roasting tray. Coat in oil, seasoning, and roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. HERBY YOGHURT In a bowl, combine the yoghurt, ½ the parsley, and the lemon juice (to taste). Season and set aside.

3. CHICKPEAS & BROC When the roasting veg has 10-12 minutes remaining, lightly coat the chickpeas and the broccoli with oil. Scatter over the veg, and roast for the remaining time.

4. ZA'ATAR FILLET Place a pan (that has a lid) over medium heat with a drizzle of oil. Pat the pork dry with paper towel. When hot, sear the pork until browned, 3-4 minutes on one side. Flip, cover with the lid, lower the heat, and fry until cooked through, 6-8 minutes. During the final 1-2 minutes, spice with the za'atar spice. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. LIPSMACKING DINNER Plate up the roast veg and top with a drizzle of the herbed yoghurt (to taste). Side the roast veg with the pork and any remaining pan juices.