



UCCOOK

Za'atar Pork Fillet & Carrots

with a fresh herbed yoghurt

Hands-on Time: 25 minutes

Overall Time: 40 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.