



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: 25 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Tess Witney



Health Nut

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Ingredients & Prep

| | |
|-------|--|
| 200ml | Pearled Spelt |
| 10ml | Vegetable Stock |
| 120g | Chickpeas <i>drained & rinsed</i> |
| 150g | Julienne Carrot |
| 20ml | NOMU Moroccan Rub |
| 20g | Pumpkin Seeds |
| 200g | Green Beans <i>rinsed, trimmed & halved</i> |
| 300g | Pork Fillet |
| 30g | Golden Sultanas |
| 80ml | Smooth Low Fat Cottage Cheese |
| 30ml | Pesto Princess Rocket Pesto |
| 40g | 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 600ml 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 3-4 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 until browned but not cooked through, shifting and turning as it colours. During the final minute, baste with a knob of butter (optional) and the remaining Moroccan Rub to taste. Place in a piece of tinfoil (along with any juices from the pan) and close up tightly. Roast in the oven for 5-6 minutes until cooked through to your preference. Remove from the oven and allow to rest inside the foil for 5 minutes before thinly slicing. Reserve the juices from the foil 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 foil 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