



UCCOOK

Za'atar Pork Fillet & Carrots

with a fresh herbed yoghurt

Hands-on Time: 45 minutes

Overall Time: 60 minutes

***New Calorie Conscious:** Serves 3 & 4

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 3	[Serves 4]	
720g	960g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
2	2	Onions <i>peel & cut 1½ [2] into wedges</i>
90ml	125ml	Low Fat Plain Yoghurt
8g	10g	Fresh Parsley <i>rinse & roughly chop</i>
30ml	40ml	Lemon Juice
180g	240g	Chickpeas <i>drain & rinse</i>
300g	400g	Broccoli Florets <i>rinse & cut into bite-sized pieces</i>
450g	600g	Pork Fillet
15ml	20ml	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, 30-35 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, 4-5 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.