



U C O O K

— COOKING MADE EASY

MOROCCAN-SPICED PORK ROAST

**with a roast veg spelt salad, dried
cranberries & chimichurri**

Add a touch of Moroccan flair to the week with oven-roasted pork fillet, basted with butter and a blend of North African spices. The bite of chimichurri dressing ignites a hearty salad of tender spelt, green beans, roast julienne carrot, and tangy dried cranberries.

Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Fatima Ellemdeen



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	Sunflower Seeds
100g	Green Beans <i>rinsed, trimmed & halved</i>
150g	Free-Range Pork Fillet
15g	Dried Cranberries <i>roughly chopped</i>
15ml	Pesto Princess Chimichurri
20g	Green Leaves <i>rinsed</i>
40g	Danish-Style Feta <i>drained</i>

From Your Kitchen

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

1. COOK THE GRAIN Preheat the oven to 180°C. Rinse the spelt and place in a pot with the stock. Submerge in 300ml of water, place over a medium-high heat, and bring to the boil. Once boiling, reduce the heat and simmer for 30-40 minutes. Stir occasionally as the water is absorbed, only adding more if required during the cooking process. On completion, the spelt should be tender. Drain if necessary.

2. CRUNCHY ELEMENTS 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 sunflower seeds in a nonstick pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool. Return the pan to a medium-high heat with a drizzle of oil and a splash of water. When starting to bubble, simmer the halved green beans for 2-3 minutes until cooked al dente. Transfer to a salad bowl, season to taste and set aside.

4. MOROCCAN-SPICED PORK Return the pan to a medium-high heat. Pat the pork fillet dry with paper towel, coat in oil, and season to taste. When the pan is hot, sear the pork for 3-4 minutes, shifting as it colours, until browned all over but not cooked through. During the final minute, baste the pork with a knob of butter and the remaining Moroccan Rub. On completion, place in some tinfoil and pour in any juices from the pan. Close up tightly and roast in the oven for 7-9 minutes until cooked through to your preference. Remove from the oven on completion and allow to rest inside the tinfoil for 5 minutes before thinly slicing.

5. MIX UP YOUR SIDES When the spelt is cooked, add to the bowl of blanched green beans. Mix in the crispy roast veg and three-quarters of the chopped cranberries and set aside for serving. Place the chimichurri in a small bowl and gradually mix with oil in 5ml increments until drizzling consistency. In a separate bowl, toss the rinsed green leaves with some olive oil and season to taste.

6. TIME TO MUNCH! Serve some veg and spelt salad, top with the slices of spiced pork and crumble over the drained feta. Side with the dressed green leaves and drizzle over the chimichurri dressing. Finish with the sunflower seeds and the remaining cranberries. Scrumptious!



Chef's Tip

To cook food 'al dente' means to cook it so that it's still firm when bitten. It should be tender, but not soft. This typically refers to pasta, but also applies to other grains, as well as a range of veg. Remember this when you see 'al dente' in other recipes!

Nutritional Information

Per 100g

Energy	701kJ
Energy	170Kcal
Protein	11.1g
Carbs	18g
of which sugars	3.6g
Fibre	4.5g
Fat	5.4g
of which saturated	1.9g
Sodium	343mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 2
Days