



Grilled Pork Steaks With Zucchini Couscous

READY IN



40 min.

SERVINGS



4

CALORIES



524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 small clove garlic finely grated
- ☐ 4 servings hot sauce to taste
- ☐ 4 servings kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup nonfat greek yogurt plain
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 4 servings pepper freshly ground
- ☐ 1.3 pound pork tenderloin

- ☐ 1 large tomatoes chopped
- ☐ 1 cup couscous whole-wheat
- ☐ 2 medium zucchini sliced lengthwise into wedges

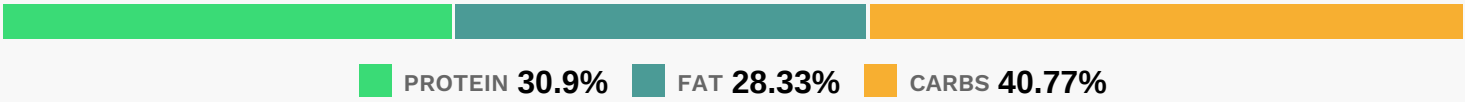
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ grill
- ☐ cutting board
- ☐ meat tenderizer

Directions

- ☐ Preheat a grill to medium. Cook the couscous as the label directs.
- ☐ Mix the yogurt, harissa, 1 tablespoon water, and salt to taste.
- ☐ Slice the pork almost in half lengthwise, stopping about 1/2 inch from the bottom, then open like a book. Cover with plastic wrap and pound with a meat mallet or heavy-bottomed skillet until the pork is about 3/8 inch thick.
- ☐ Remove the plastic.
- ☐ Mix 1 tablespoon olive oil, the garlic, 1/2 teaspoon salt, and pepper to taste, then rub all over the pork.
- ☐ Toss the zucchini with 1/2 tablespoon olive oil, 1/4 teaspoon salt, and pepper to taste.
- ☐ Grill, turning once, until lightly charred, about 3 minutes per side.
- ☐ Transfer to a cutting board and chop. Grill the pork, turning once, until just cooked through, about 3 minutes per side.
- ☐ Transfer to a cutting board and let stand 5 minutes.
- ☐ Toss the couscous, zucchini, tomato, lemon juice, parsley, the remaining 1 1/2 tablespoons olive oil, and salt and pepper to taste.
- ☐ Cut the pork into 4 pieces and serve with the couscous and yogurt sauce.
- ☐ Photograph by Andrew Purcell

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:0.89, Inflammation Score:-7, Nutrition Score:30.249130290488%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 524.48kcal (26.22%), Fat: 17.08g (26.28%), Saturated Fat: 3.25g (20.34%), Carbohydrates: 55.3g (18.43%), Net Carbohydrates: 48.42g (17.61%), Sugar: 5.64g (6.26%), Cholesterol: 93.39mg (31.13%), Sodium: 291.75mg (12.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.91g (83.83%), Vitamin B1: 1.46mg (97.61%), Vitamin K: 75.81µg (72.2%), Vitamin B6: 1.31mg (65.57%), Selenium: 45.74µg (65.34%), Vitamin B3: 10.19mg (50.97%), Phosphorus: 430.4mg (43.04%), Vitamin B2: 0.65mg (38.47%), Vitamin C: 30.52mg (37%), Potassium: 985.2mg (28.15%), Fiber: 6.89g (27.56%), Iron: 4.07mg (22.59%), Zinc: 3.23mg (21.51%), Vitamin A: 895.75IU (17.92%), Magnesium: 66.14mg (16.53%), Vitamin B5: 1.54mg (15.35%), Vitamin B12: 0.91µg (15.2%), Vitamin E: 2.23mg (14.83%), Manganese: 0.28mg (13.99%), Copper: 0.22mg (10.96%), Folate: 38.59µg (9.65%), Calcium: 84.62mg (8.46%), Vitamin D: 0.43µg (2.83%)