



Roast pork with couscous & ginger yogurt

READY IN



50 min.

SERVINGS



6

CALORIES



246 kcal

SIDE DISH

Ingredients

- ☐ 2 fillet fatty pork trimmed
- ☐ 2 tsp olive oil
- ☐ 3 tsp ground cumin
- ☐ 1 tsp ground cinnamon
- ☐ 4 tsp ginger grated
- ☐ 250 g couscous
- ☐ 100 g sultanas
- ☐ 1 lemon zest
- ☐ 1 small bunch mint leaves chopped

☐ 200 g natural yogurt fat-free

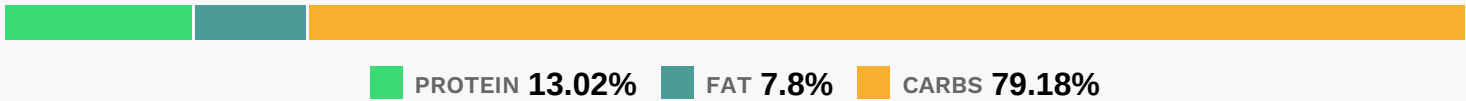
Equipment

- ☐ frying pan
- ☐ oven
- ☐ skewers

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Brown the pork in a non-stick frying pan over a high heat for 4-5 mins, turning twice.
- ☐ Mix the oil, 2 tsp cumin, cinnamon, 2 tsp ginger and some seasoning, then rub all over the pork.
- ☐ Transfer to a roasting tin and roast for 30-35 mins or until the juices run clear when the thickest part is pierced with a skewer.
- ☐ Mix the couscous with the remaining cumin, the sultanas, lemon zest and juice, then season and pour over 400ml boiling water. Stir well and cover for 5 mins, then stir in the mint.
- ☐ Stir the remaining ginger and a little seasoning into the yogurt. Thickly slice the pork and serve with the couscous and ginger yogurt.

Nutrition Facts



Properties

Glycemic Index:24.44, Glycemic Load:26.8, Inflammation Score:-2, Nutrition Score:6.9108695003164%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 246.15kcal (12.31%), Fat: 2.16g (3.33%), Saturated Fat: 0.35g (2.16%), Carbohydrates: 49.36g (16.45%), Net Carbohydrates: 46.09g (16.76%), Sugar: 12.52g (13.91%), Cholesterol: 0.88mg (0.29%), Sodium: 34.2mg (1.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.12g (16.24%), Manganese: 0.5mg (24.9%), Phosphorus: 149.47mg (14.95%), Fiber: 3.27g (13.08%), Calcium: 102.03mg (10.2%), Copper: 0.19mg (9.25%), Magnesium: 35.77mg (8.94%), Vitamin B3: 1.78mg (8.92%), Potassium: 310.5mg (8.87%), Vitamin B2: 0.15mg (8.82%), Iron: 1.54mg (8.55%), Vitamin B5: 0.77mg (7.67%), Vitamin B6: 0.13mg (6.48%), Vitamin B1: 0.1mg (6.43%), Zinc: 0.8mg (5.33%), Folate: 14µg (3.5%), Vitamin B12: 0.21µg (3.42%), Vitamin C: 2.5mg (3.02%), Selenium: 1.5µg (2.14%), Vitamin E: 0.29mg (1.91%), Vitamin K: 1.74µg (1.66%)