

CREOLE SPICED PORK AND VEGETABLES ON COUSCOUS



INGREDIENTS

1 lb (400g) pork tenderloin

SPICE RUB

1 teaspoon paprika

1 teaspoon garlic powder

1 teaspoon cayenne

1/2 teaspoon onion powder

1/2 teaspoon cumin

1/2 teaspoon oregano

1/2 teaspoon thyme

COUSCOUS

1 cup water

1/2 cup medium couscous

3 tablespoons parsley, freshly chopped

VEGGIE MIX

3/4 cup onion, sliced lengthwise (1 small)

1 1/2 cups cauliflower in florets

3/4 cup red pepper strips (1 small)

1/2 teaspoon cumin

Freshly ground black pepper to taste

2 tablespoons lemon juice (1 small)

3 tablespoons olive oil

PREPARATION: 10 MINUTES

COOKING: 25 MINUTES

4 SERVINGS

SUGGESTION

Leftovers also make a great salad the next day.

Note:

Make sure to use fresh, unseasoned pork to avoid added phosphate and sodium.

PREPARATION

- 1** Preheat oven to 450° F (230° C) (conventional).
- 2** Line a baking tray with aluminium foil.
- 3** Prepare spice rub in a small bowl by mixing all ingredients and rub it on the pork, using all the mix. Place pork on tray.
- 4** Place onion, cauliflower and peppers on the baking tray next to pork, sprinkle with cumin and black pepper.
- 5** Mix lemon juice and olive oil, using same bowl as used for spice rub (a little extra flavour never hurts !)
- 6** Drizzle half the lemon and olive oil mix over the veggies and toss them lightly.
- 7** Place the baking tray in the middle of the oven and let everything roast for 25 minutes. Turn the veggies and meat once after 15 minutes and continue to roast until done. The veggies will have a lovely caramelized appearance. (Oven temperatures may vary-check on vegetables so they do not get too dark !)
- 8** In a small pot, bring 1 cup of water to boil, add couscous, cover and remove from heat immediately.
- 9** To serve, fluff couscous with a fork onto a platter. Arrange roasted veggies and pork slices on top of couscous, drizzle with the rest of the lemon and oil mix. Sprinkle with parsley.

Nutrient Analysis

PER SERVING
(1/4 of recipe)

Renal exchange:

3 Protein + 1 Starch + 2 Vegetable

Calories **324kcal**

Protein **27g**

Carbohydrates **27g**

Fibre **3g**

Total Fat **12g**

Saturated Fat **2.1g**

Cholesterol **56mg**

Sodium **73mg**

Potassium **690mg**

Phosphorus **312mg**