

Roast Pork with Couscous & Yoghurt



Serves 3 Prep 10 mins Cooking 40 mins Easy

Ingredients

1 pork fillet about 500g, trimmed of any fat
1 tbsp olive oil
1/2 tsp cumin
1/2 tsp ground cinnamon
250g couscous
100g chopped apricots in juice or raisins
zest and juice of 1/2 lemon
Finely chopped parsley
200g fat free natural yoghurt

1. Heat oven to 190C/ Fan170C/ Gas 5.
2. Brown the pork in a non-stick frying pan over a high heat for 4-5 minutes, turning twice. Mix the oil, the cumin, cinnamon 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.
3. Cook the couscous as instructed on the packet and then mix with the apricots or raisins, lemon zest and juice and the parsley, then season.
4. Season the yoghurt with salt and pepper. Thickly slice the pork and serve with the couscous and the yoghurt.