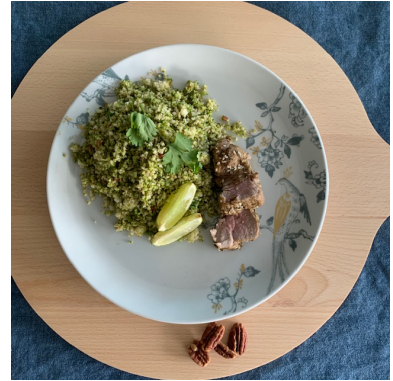


COUSCOUS & BROCCOLI SALAD WITH PORK TENDERLOIN

2 persons / 554 kcal per portion

Ingredients

- 150 grams broccoli
- 30 grams salted pecans
- 7 grams fresh coriander
- ½ lime (scrubbed clean)
- 100 grams couscous
- 130 ml tap water
- 150 grams pork tenderloin (at room temperature)
- 1 tablespoon oil
- 1 teaspoon cinnamon
- 2 tablespoons extra vierge olive oil
- freshly ground pepper and salt
- spice mix:
 - ½ tablespoon cumin seeds
 - ½ tablespoon dried thyme
 - ½ tablespoon toasted sesame seeds
 - ½ teaspoon salt
 - ½ teaspoon black pepper
 - 1 teaspoon rosemary



Preparation:

Preheat the oven to 190°C. Cut the broccoli into florets and chop the pecans coarsely. Coarsely chop the coriander. Grate the green zest of the lime and cut the fruit into wedges. Prepare the spice mix by mixing the indicated ingredients together, divide on a plate. Brush the meat with the oil and roll it through the spice mix. Place the meat on a baking tray lined with baking paper and bake in the middle of the oven for about 15 minutes. Turn halfway through. Let it rest covered for 5 min. Meanwhile, put the couscous in a bowl and pour 130 ml of boiling water over it. Leave covered for 10 minutes. Place the broccoli, lime zest, cinnamon, extra vierge olive oil, half of the pecans and 2/3 of the coriander in a food processor and grind finely. Stir the couscous with a fork and toss with the broccoli mixture and the rest of the nuts. Season with salt and pepper and sprinkle with the rest of the coriander. Cut the meat into slices and serve with the couscous. Garnish with lime.

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Nutritional value per portion:

Energy:	554 kcal
Protein:	26.8 grams
Carbohydrates:	40.6 grams
- including sugars:	2.2 grams
Fat:	30.7 grams
Fiber:	5.8 grams
Salt:	1.2 grams