

PREPARATION: 15 MINUTES

COOKING: 25 MINUTES

SERVINGS: 4

# CREOLE SPICED PORK AND VEGETABLES ON COUSCOUS



## Nutrient Analysis

PER SERVING: ¼ of recipe

RENAL EXCHANGE: 3 Meat + 1 Starch + 1 High Potassium Vegetable

Calories	<b>256 Kcal</b>	Sodium	<b>91 mg</b>
Protein	<b>25 g</b>	Potassium	<b>701 mg</b>
Total Carbohydrate	<b>24 g</b>	Phosphorus	<b>324 mg</b>
Fiber	<b>3 g</b>	Calcium	<b>63 mg</b>
Sugars	<b>3 g</b>	Iron	<b>3 mg</b>
Fat	<b>6 g</b>	Magnesium	<b>61 mg</b>
Saturated	<b>1 g</b>	Vitamin C	<b>52 mg</b>
Cholesterol	<b>65 mg</b>		

## Diet Types

- CKD Non-Dialysis
  Dialysis/Diabetes  
 Dialysis
  Transplant

# CREOLE SPICED PORK AND VEGETABLES ON COUSCOUS

## INGREDIENTS

**14 oz pork tenderloin**

### **Spice rub**

**1 teaspoon paprika**

**1 teaspoon garlic powder**

**1 teaspoon cayenne**

**½ teaspoon onion powder**

**½ teaspoon cumin**

**½ teaspoon oregano**

**½ teaspoon thyme**

### **Veggie mix**

**¾ cup onion, sliced lengthwise  
(1 small)**

**1½ cups cauliflower in florets**

**¾ cup red pepper strips (1 small)**



**½ teaspoon cumin**

**Freshly ground black pepper to  
taste**

**2 tablespoons lemon juice (1 small)**

**3 tablespoons olive oil**

### **Couscous**

**1 cup water**

**½ cup medium couscous**

**3 tablespoons parsley, freshly  
chopped**

## PREPARATION

- 1 Preheat oven to 450°F (conventional oven).
- 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 flavor 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 burn!)
- 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.

Presented by

Favorably reviewed by