



PORK FILLET WITH LEMON MYRTLE HERB MIX SERVED WITH ROASTED VEG COUSCOUS

(SERVES 4)



INGREDIENTS

- 1 Pork Loin Fillet
 - sliced into 1 inch medallions
- 1 teaspoon of *Lake Crystal Salt*
- 1 teaspoon of Lemon Myrtle Powder
- 1 tablespoon of Fennel Seeds
 - slightly ground
- 1 tablespoon of Dried Rosemary
 - chopped
- 1 clove garlic - finely chopped
- Oil for coating

ROASTED VEGETABLE COUSCOUS

- 250g of instant Couscous -
cooked as per manufacturers
instructions
- 1 small red capsicum/pepper
- 1 small yellow capsicum/pepper
- 1 small zucchini/courgette
- 1 small eggplant/aubergine/
Oil for coating

METHOD

- Preheat the oven to 220C - Gas Mark 8
- Mix *Lake Crystal Salt* with the herbs and chopped garlic. Sprinkle onto a flat plate. Lightly rub the pork medallions in oil then press into herb mix to coat. Set aside.
- Meanwhile place the vegetables on a baking tray, drizzle with oil and cook in the oven until skins are charred. When cooked, set aside and leave to cool.
- Pan fry the medallions until cooked through.
- Cook the couscous to the instructions on the packet.
- When cool, chop the vegetables into small pieces and add to cooked couscous.

Lake Crystal natural lake salt - an organically certified fine food salt developed for the food enthusiast, discerning cook and the health conscious consumer.