

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

(serves 4)



1 Pork Loin Fillet - sliced into 1" 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 remaining herb ingredients. 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 until skins are charred. When cooked, set aside and leave to cool.
- Remove, place in a sealed polythene bag and set aside until 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.