

Moroccan Spiced Chops with Couscous



Ingredients

4 pork loin centre chops, boneless, about $\frac{3}{4}$ -inch / 1.875 cm thick
1 tsp / 5 mL EACH ground cumin and ground coriander
 $\frac{1}{8}$ tsp / 0.5 mL EACH ground cinnamon and cayenne pepper
1 Tbsp / 15 mL canola oil
 $\frac{1}{2}$ cup / 125 mL couscous
 $\frac{1}{4}$ cup / 50 mL EACH raisins and chopped dried apricots
2 Tbsp / 30 mL pine nuts
2 green onions, finely sliced
Chopped fresh cilantro for garnish

Directions

1. Arrange chops on plate or cutting board.
2. In small bowl, combine cumin, coriander, cinnamon and cayenne pepper. Rub on all sides of chops.
3. In large skillet or grill pan, heat oil over medium-high heat. Cook chops to a rosy centre, 5-8 minutes per side; do not overcook.
4. Meanwhile, prepare couscous according to package directions.
5. Add dried fruits, nuts and green onion; stir to combine.
6. When chops are done, remove from skillet onto a clean plate; let rest 3 minutes.
7. Garnish chops with cilantro. Serve with prepared couscous and your favourite green vegetable.

Additional Info

- **Cut:** Chops/steaks
- **Prep Time (Minutes):** 10
- **Cook Time (Minutes):** 10
- **Number of Servings:** 4