

Island Pork Loin with Caribbean Salsa



Ingredients

Pork:

- 1 pork loin, centre roast, boneless, about 3 lb / 1.5 kg
- 2 tsp / 10 mL canola oil
- 1 tsp + ½ tsp / 7 mL packed brown sugar
- 1 tsp / 5 mL EACH chili powder, ground cumin and ground allspice
- ½ tsp / 2 mL red pepper flakes

Salsa:

- 1 Tbsp / 15 mL canola oil
- 2 tsp / 10 mL lime juice
- 1-19 oz / 540 mL can chick peas, drained and rinsed
- 1 cup / 250 mL diced fresh pineapple
- 1 red bell pepper, seeded and diced
- ½ English cucumber, diced
- ¼ cup / 50 mL finely chopped red onion
- Salt and ground black pepper to taste

Directions

For the roast:

1. Trim roast of any unwanted fat.
2. In small bowl, combine remaining ingredients to form a paste. Spread evenly over all sides of roast.
3. Place roast in a disposable foil pan. Preheat barbecue on high; reduce heat to medium. Turn off one side of barbecue. With barbecue cover closed, cook roast over indirect heat ("off" heat side) for 1-1 ½ hours or until instant-read thermometer registers 155°F.
4. Remove roast from barbecue. Tent loosely with foil and let rest 5-10 minutes before carving into ¼-inch thick slices.

5. Serve with a scoop of Caribbean Salsa and a side of whole grains like cooked brown rice or barley pilaf.

For the salsa:

1. In large glass bowl, combine oil, lime juice, chick peas, pineapple, bell pepper, cucumber and onion.
2. Season with salt and pepper according to taste. Refrigerate one hour or until ready to serve. Salsa can be refrigerated for up to 3 days.

Additional Info

- **Cut:** Roasts
- **Prep Time (Minutes):** 30
- **Cook Time (Minutes):** 90
- **Number of Servings:** 8