

# LighterLife Management

## Week 1 Recipes:

### Spice-baked pork

The trick to this dish is giving the pork time to really soak up the flavours of the marinade – the longer you leave it, the better it tastes.

**Serves: 1**

Nutrition per serving:

200 kcal, 33g protein, 4g carbs, 5g fat, 1g fibre

#### Ingredients:

- ½ tsp dried, crushed chilli flakes
- ½ tsp ground cumin
- ½ tsp ground coriander
- 1 garlic clove, chopped
- 1 tbsp lemon juice
- 150g pork fillet

#### Method:

1. Mix the chilli, cumin, coriander, garlic and lemon juice. Put the pork in an ovenproof dish, coat with the chilli mixture and leave to marinate in the fridge for at least 30 mins.
2. Meanwhile, preheat the oven to 200°C, gas mark 6.
3. Cover the pork in foil and bake for around 20 mins. Leave to rest, wrapped in the foil, for a few minutes before serving.

#### Tips:

- Use chicken breast or Quorn fillet instead of pork – you may need to adjust the cooking time.