

PORK LOIN ROAST

Time: 60 minutes

Serves: 6

Ingredients:

8g kosher salt
2g fresh ground black pepper
1g dried parsley
1g ground sage
1g ground rosemary
1g ground thyme
1kg boneless centre-cut pork loin roast

Preparation:

Preheat your oven to 205C.

In a small bowl, combine all ingredients except pork roast.

Rub the spice mix evenly onto all sides of the roast.

Place the roast in a small baking or cast iron pan.

Roast for one hour or until internal temperature reaches 57C (approximately 45 to 50 minutes). Remove from oven and serve sliced, topped with juice captured during slicing.

Nutritional Information Per Serving:

Calories: 349
Fat: 16g
Carbs: 0g
Fibre: 0g
Protein: 38g