

Moroccan bulgur & pork casserole

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Fragrant with North African spices and made hearty with chunks of lean pork, this bulgur pilaf casserole recipe is ready to go in the oven in just 25 minutes.

Vary the dish by substituting prawn, cod fillets or chunks of boneless, skinless chicken thighs for the pork.

Ingredients (serves 4)

- 1 tsp salt
- ½ tsp ground cumin
- ½ tsp ground coriander
- ½ tsp ground ginger
- ¼ tsp chilli powder
- ¼ tsp freshly ground pepper
- ¼ tsp ground turmeric
- ¼ tsp ground cinnamon
- Pinch of ground cloves
- 500 g boneless free range [pork](#) loin chops or pork tenderloin, trimmed and cut into 2½ cm cubes
- 1 cup water

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- Zest of 1 lemon
- ¼ cup lemon juice
- ¼ cup bulgur (see Tip)
- 1 can chickpeas, rinsed
- 1 medium onion, finely chopped
- ½ cup raisins
- ½ cup chopped roasted capsicum, rinsed
- ¼ cup chopped fresh mint for garnish

METHOD

Preheat oven to 180°C. Coat a baking dish with olive oil cooking spray.

Combine salt, cumin, coriander, ginger, chilli powder, pepper, turmeric, cinnamon and cloves in a medium bowl. Transfer one teaspoon of the mixture to another medium bowl, add pork and toss. Set aside.

Add water, lemon zest and juice to the remaining spice mixture; whisk to combine. Stir in bulgur, chickpeas, onion, raisins and [capsicums](#). Transfer to the prepared baking dish and spread evenly. Cover with foil.

Bake for 15 minutes. Remove from the oven, carefully uncover and nestle the spiced pork into the bulgur mixture. Cover with foil again and continue to bake until most of the liquid is absorbed and the pork is just cooked through, 25 to 30 minutes more. Let stand, covered, for five minutes before serving.

Serve sprinkled with mint, if desired.

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