BRAZILIAN · LUNCH · DINNER

Lombo Assado (Brazilian Roast Pork Loin and Tomatoes)

Lombo assado

90 min · plus 1 hour marinating | Serves 8 | 318 kcal a serve | Video 12:58 in Portuguese · Receitas

No nuts listed

26 g protein and 5 g net carbs a serve from roast pork loin with cherry tomatoes, garlic and herbs — rich in selenium and vitamin B6.

Diet notes: Low carb (4.6 g net carbs) but not keto: 52% of the energy is from fat, and keto meals get about 60% or more; Paleo with a swap: arrowroot or tapioca flour instead of the plain flour, ghee instead of the butter.

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Ingredients 11 · SERVES 8

- [ ] 1 kg **pork loin roast** (lombo) with its fat cap
- [ ] 2 level tsp **salt** for the meat, plus a pinch for the tomatoes
- [ ] **freshly ground black pepper**
- [ ] **fresh rosemary**, 6 sprigs (leaves of 1 chopped for the meat), plus 2 bay sprigs
- [ ] about 2 tbsp **olive oil** (1 tsp for the marinade, 1 tbsp for searing, a drizzle over the tomatoes)
- [ ] 6 **garlic** cloves, lightly crushed
- [ ] 600 g **cherry tomatoes** on the vine (about 3 vines)
- [ ] 120 ml **water**
- [ ] 240 ml **dry white wine**
- [ ] 1½ tbsp **butter** (for the gravy)
- [ ] 1½ tbsp **plain flour** (for the gravy)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Milk, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Strip and finely chop the leaves of 1 rosemary sprig. Pat the loin dry with paper towel and make several cuts halfway into the underside (not the fat side) so the seasoning gets in. 0:14
2. Rub the loin all over with 2 level tsp salt, pepper, the chopped rosemary and 1 tsp olive oil. Turn it cut side up, cover and refrigerate for 45 minutes, then leave 15 minutes at room temperature. 2:42
3. Heat the oven to 180 °C. In a roasting tray arrange the crushed garlic, the cherry tomatoes on their vines, the bay sprigs and the remaining rosemary. 4:36
4. Heat a large frying pan over high heat with a little olive oil and sear the loin, fat side down first, until golden on every side, including the ends. Move it to the tray. 7:04
5. Off the heat, pour 120 ml water into the pan, then return to the heat and scrape up the browned bits. Add 240 ml white wine and bring to the boil. 8:53
6. Drizzle olive oil over the herbs, garlic and tomatoes and season the tomatoes with salt and pepper. Pour the pan liquid into the tray around the meat, not over it. 10:32
7. Roast for about 45 minutes, until the juices run clear when pierced (68 °C inside). Rest the meat for 10 minutes before slicing thinly. 11:50
8. For the gravy, strain the tray juices. Melt 1½ tbsp butter, stir in 1½ tbsp flour for 1 minute, whisk in the juices and simmer 3 minutes until thickened. Serve with the meat and roast tomatoes.

> **Tip** Serves 8 (Rita Lobo says 1 kg is enough for 8). She suggests viradinho de milho (creamy corn) alongside; greens keep the meal lower in carbs. The gravy step is in her written recipe, not shown in the video.

The method is a summary in our words, in English — the video (in Portuguese) shows every step.

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
318 kcal	**26 g**	**5.7 g**	**1 g**	**18 g**	**690 mg**
1,330 kJ	53% of a day	4.6 g net · 2.1 g sugars	4% of a day	6.2 g saturated	30% of a day
		2% of a day		24% of a day	

Energy from net carbs 6% · protein 37% · fat 57% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 70% · Vitamin B6 39% · Vitamin B12 28% · Zinc 22%

Source of (10–19%) Potassium 12% · Vitamin C 12%

Recipe and video: Receitas (@receitas) on YouTube — youtube.com/watch?v=C2yjV_Mzyy4, published 20 September 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/lombo-assado