

Pork Chop with Warm Butter Bean Salad

Serves 2

30 mins

2 main ingredients

What you'll need

Main ingredients

2 Pork chops

1 Tin butter beans

Fresh/ frozen

Fresh dill, about 4 sprigs roughly chopped

2 Spring onions, finely sliced

Juice of half a lemon

2 large garlic cloves, minced

Store cupboard

Olive oil, 1-2 tbsp

Smoked paprika, ¼ tsp

Chilli flakes, ¼-½ tsp

Ground cumin, ½ tsp

Salt & Pepper, to taste

½ cup stock, chicken or veggie

What to do

1. While the pork chops are cooking (cook to your preference. I start mine off on the hob in a frying pan and pop in the oven after they're a little golden on each side, turning occasionally and until fat has rendered and meat is cooked through - about 30 mins). In a pan, heat 1-2 tbsp olive oil and add the minced garlic and spices. Season with salt and pepper and 'toast' until the garlic is fragrant, stirring so they don't catch on the bottom - don't let them burn or they will taste bitter.
2. Add the drained and rinsed tin of butter beans and ½ a cup of stock (I used chicken, but you could use veggie stock), stir well and bring to the boil for a minute or two. Turn down the heat to medium/ low and allow to simmer until the beans are warmed through and the sauce has reduced/ thickened a little (about 5-10 minutes).
3. Trim up and slice 1 or 2 spring onions and roughly chop some dill and or/ parsley. Stir through the herbs, lemon juice and sliced spring onions just before serving.

Notes & tips

- Pork is cooked well done at 77 degrees c, and medium at 71 degrees c
- Make this recipe your own by selecting your favourite herbs and spices
- Swap out the protein for your choice, this warm butter bean salad would be a delicious side to most choices
- Recipe inspiration came from a recipe by Suzy Karadsheh, linked here on The Mediterranean Dish
<https://www.themediterraneandish.com/butter-beans-with-garlic-lemon-and-herbs/>