



Lean Pork with Roasted Pepper & Butterbean Pesto Salad

Tender pork loin paired with smoky roasted peppers and a vibrant butter bean pesto salad, bursting with fresh herbs and zesty flavors. Perfectly balanced and deliciously wholesome!

Nutritional Info

Calories: 714 kcal
Carbohydrates: 118 g
Protein: 40 g
Fat: 18 g

Ingredients

- | | | |
|---|--|---|
| <ul style="list-style-type: none">• Pork Tenderloin• Green Beans• Lemon• Shallot | <ul style="list-style-type: none">• Sundried Tomato Pesto• Roasted Peppers• Butter Beans• Mixed spice<ul style="list-style-type: none">- Cumin- Smoked Paprika | Your Pantry <ul style="list-style-type: none">• Olive Oil• Salt |
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Allergens


Nuts (almonds in pesto)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Marinate the pork

Remove the fat from the edges of the pork tenderloin, then cut into discs (around 1-2cm thick). Place in a bowl and sprinkle over the spice mix, a drizzle of oil, a squeeze of the lemon juice and season with salt. Mix well until the pork is covered and set aside.

2) Prepare the vegetables

Peel and finely slice the shallot. Cut the roasted peppers into small pieces. Cut the green beans in half. Drain and rinse the butter beans.

3) Make the butter beans

Add the butter beans to a saucepan and place on low to medium heat. Add in the pesto and roasted peppers. Mix well and gently heat. While the butter beans heat up....

4) Cook the pork

Place a frying pan on medium heat with a little drizzle of oil. Once hot, lay the pork down on the pan and cook for 2 minutes, then flip and cook for a further 2 minutes. Check the pork is cooked and then remove to a plate to rest, covering with some tin foil.

5) Sautée the beans

Return the pan to the heat with a drizzle of oil and add the shallot. Cook for a minute, then add in the green beans and cook, covered with a lid or tin foil for 3-4 minutes or until the shallots are cooked down and the beans are tender.

6) Serve the dish

Arrange the pork on the plate and spoon the butter beans alongside. Serve with the sautéed green beans and shallots. Enjoy.



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