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Juicy Pork Steaks with Italian Garden Salad

This garden salad is enriched with hearty cannellini beans and sharp lemon juice – all the flavours of the late Summer harvest in Italy. This fresh salad is the perfect side for juicy pork loin steaks. We like to leave them a little pink (don't believe the old wives' tales about cooking pork to the point of dryness) for a perfect steak.



Prep: 10 mins

Cook: 10 mins

Total: 20 mins



level 1



low fat



low carb

Pantry Items



Dijon Mustard



Olive Oil



Cannellini Beans



Red Onion



Tomato



Mixed Salad Leaves



Parsley



Lemon









Pork Loin Steaks

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2P	4P	Ingredients
1 tin	2 tins	cannellini beans, drained & rinsed
½	1	red onion, finely sliced 
1	2	tomato, diced  
1 bag	2 bags	mixed salad leaves, washed
½ bunch	1 bunch	parsley, leaves picked 
½	1	lemon, juiced 
1 tsp	2 tsp	Dijon mustard *
1 ½ tbs	3 tbs	olive oil *
2 steaks	4 steaks	pork loin

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	1490	Kj
Protein	48	g
Fat, total	9.7	g
-saturated	1.8	g
Carbohydrate	14	g
-sugars	4.1	g
Sodium	365	mg



You will need: *chef's knife, chopping board, colander, medium bowl, small bowl and a medium frying pan.*

1 In a medium bowl, combine the **cannellini beans**, **red onion**, **tomato**, **mixed salad leaves** and **parsley**. In a small bowl, combine the **lemon juice**, **Dijon mustard** and three quarters of the **olive oil**. Season to taste with **salt** and **pepper**. Toss the dressing through the salad and set aside.



2 Heat the remaining olive oil in a medium frying pan over a medium-high heat. Season the **pork loin steaks** with salt and pepper and add to the pan. Cook for **2-3 minutes** on each side or until cooked through (pork can be served a little on the pink side).

3 To serve, divide the salad and pork steaks between plates.



Did you know? Pork is said to be up to 75% leaner today than it was in the 1950s.