

Four spice Pork chop with garlic green beans

Recipe for 4 persons

Description

Asian style pork chop served with garlic sautéed green beans!

Note

You could always use a chicken breast instead of pork.

Ingredients

Pork and marinade

- 2 Clove(s) Chopped garlic
- 2 Unit(s) Red hot chili
- 2 Tsp 4 spices powder
- 4 Tbsp Sweet chili sauce
- 2 Tbsp Soy sauce
- 4 Unit(s) Pork chop
- Vegetable oil
- Salt and pepper
- Butter

Green beans

- 525 Gr Green beans
- 2 Clove(s) Chopped garlic
- 1 Zest Lemon
- Vegetable oil
- Salt and pepper
- Butter

Preparation

- Preparation time **30 mins**
- Preheat your **four** at **425 F°**

Pork and marinade

In a hot skillet, sear the pork for 2 minutes on each side.

In a mixing bowl, combine all of the marinade ingredients and then brush the pork chops with the marinade. Cover the marinated pork with plastic wrap and place in the fridge for about 10 minutes.

Cover a baking sheet with aluminum foil and then transfer the pork to the baking sheet. Place the pork in the oven for roughly 8 minutes, depending on their size. Make sure that the pork is properly cooked.

Green beans

Bring a large pot of salted water to a boil and then blanch the green beans. Once tender, but retaining a crunch, remove them from the water and plunge in an ice bath.

In a hot skillet with some butter, sauté the green beans to reheat them, then add the garlic and lemon zest. Season to taste.

Bon appétit!