

Pork and Bean Salad

Feeds: 2

Time to cook: Approximately 10 minutes

Take ...

Lean Pork fillet
Lemon juice and rind
Garlic
Black pepper
Green beans
Broad beans
Yogurt
Fresh mint



Make

- 1 Take **225g (8oz) lean, fully trimmed pork fillet** and cut into thin medallions. Marinade for 20 minutes with **juice and rind of ½ lemon, 2 cloves garlic**, thinly sliced and season with **black pepper**.
- 2 Place **100g (4oz) green beans** and **100g (4oz) broad beans** into boiling water and lightly cook until they still have 'bite' and cool. Heat wok or griddle pan, drain juice from pork and discard. Cook pork and garlic for 2–4 minutes each side until lightly browned
- 3 Make dressing; mix together **60ml (4 tbsp) natural yogurt** with **juice and rind of ½ lemon** and **15ml (1 tbsp) fresh mint**, chopped.
- 4 Pile beans and pork into a salad bowl and drizzle over the dressing, finish with extra fresh mint

Eat ...

Serve with crusty bread and extra crunchy salad leaves