

September 2020

Pork Keto

Pork Chops with Green Beans and Garlic Butter

Ingredients:

Garlic butter:

5 oz. butter, at room temperature
½ tbsp garlic powder
1 tbsp dried parsley
1 tbsp lemon juice
salt and pepper

Pork chops:

4 pork chops
2 oz. butter, for frying
1 lb fresh green beans
salt and pepper

Instructions:

1. Mix butter, garlic, parsley and lemon juice. Season with salt and pepper to taste. Set aside.
2. Make a few small cuts in the fat surrounding the chops to help them stay flat when frying. Season with salt and pepper.
3. In a large frying pan, melt the butter over medium-high heat. Add the chops and fry for about 5 minutes on each side or until golden brown and thoroughly cooked through.
4. Remove the chops from the pan and keep warm.
5. Use the same skillet and add the beans. Salt and pepper to taste. Cook over medium-high heat until the beans have a vibrant colour and are slightly softened but still a bit crunchy.
6. Serve the pork chops and beans together with a dollop of garlic butter melting on top.

Nutritional Information:

Net carbs: 3 % (6 g)
Fiber: 3 g
Fat: 77 % (62 g)
Protein: 20 % (36 g)
Calories: 729