



PORK CHOP WITH FIFTY SHADES OF GREY, HONEY AND MUSTARD

INGREDIENTS

- 2 good quality pork chops
- 1 tbsp Fifty Shades of Grey
- 2 tbsp honey
- 1 tbsp wholegrain mustard
- 1 tbsp lemon juice
- handful of green beans
- lemon wedge

Pork goes brilliantly with honey and mustard, but with the Earl Grey Tea and Fennel from the Fifty Shades of Grey rub, we get a fantastic combination of flavours. Here we serve it with charred green beans and a twist of lemon.

INSTRUCTIONS

1. Mix together the Fifty Shades of Grey, honey, wholegrain mustard and lemon juice
2. Marinade the pork chops for 30 minutes
3. Add 1 tsp olive oil to a pan and heat to medium high.
4. Add the pork chops and cook until a golden colour and cooked through, about 10 minutes
5. Remove to a warmed plate and let rest for 5-10 minutes whilst you cook the green beans
6. Drizzle the green beans with a little olive oil and return to the pan used for the chops.
7. Cook for 5-7 minutes, making sure to get them coated in any juices left in the pan
8. Add the lemon wedge for the last couple of minutes



Feeds

2



Prep time

35 m



Cook time

20 m

