



# Harissa-Porkchop

Warm up pork chops with plenty of harissa and honey, then serve with cumin-spiced rice, carrots and green beans. Low in calories, it's the perfect healthy midweek dinner

## Recipes

- 1 tbsp harissa
- 1 tbsp runny honey
- 3 tbsp lemon juice, plus wedges to serve
- 4 pork chops, fat removed
- 1½ tbsp olive oil
- 4 carrots, sliced diagonally, 5mm thick
- 1½ tsp cumin seeds
- 2 x 220g wholegrain rice and quinoa microwave pouches
- 20g flat-leaf parsley, roughly chopped
- 320g green beans

## Steps:

1. Heat the oven to 200C/fan 180C/gas 6. Make a marinade by combining the harissa, honey and half the lemon juice in a large bowl.
2. Drizzle 1 tbsp of olive oil into an ovenproof pan over a medium heat. Once hot, gently fry the carrots for 10 minutes until lightly golden.
3. brush a large non-stick griddle pan or large frying pan with the remaining oil and put over a medium heat – don't let the pan get too hot or the honey will burn.
4. Cook the pouches following pack instructions, and boil the green beans for 2-3 minutes until tender. Toss the grains with the roasted carrots, parsley and remaining lemon juice, seasoning to taste. Divide the rice mixture between four plates and serve with the pork chops, lemon wedges and beans.