THE LIGHTER PLATE METHOD

One-Pan Pork & Lentils with Olive Relish

A punchy olive and caper relish is exactly what plain pork and lentils need.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**20 min**	**30 min**	**4**	**EASY**

Ingredients

- 4 pork loin steaks
- 2 x 400g tins green lentils (drained)
- 150 g cherry tomatoes (halved)
- 60 g pitted green olives (chopped)
- 1 tbsp capers
- 1 lemon (zest and juice)
- 2 tbsp olive oil

Method

1. Mix the olives, capers, lemon zest and half the lemon juice with 1 tbsp of the oil for the relish.
2. Heat the remaining oil in a large pan and cook the pork steaks for 4–5 minutes each side, until browned and cooked through. Remove and rest.
3. In the same pan, add the lentils and cherry tomatoes and cook for 4–5 minutes, until the tomatoes soften.
4. Stir in the remaining lemon juice and season well.
5. Serve the pork sliced over the warm lentils, topped with the olive relish.

Tips & swaps

- Tinned lentils need almost no cooking — just enough time to warm through and pick up the pan flavours.
- Chicken breast is a good swap for pork here.

Storage & reheating

Keeps in the fridge for 3 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
420	**36g**	**24g**	**20g**	**8g**

Estimated values, for guidance only.