

PREPARATION: **30** MINUTES

MARINATE: **1** HOUR

COOKING: **45** MINUTES

4 SERVINGS



HARISSA PORK CHOP WITH DOUBLE-BOILED POTATOES AND GREEN BEANS

Nutrient Analysis

PER SERVING:

1/4 of recipe

RENAL EXCHANGE:

3 Protein + 2 Vegetable

Calories	374Kcal
Protein	27g
Carbohydrates	23g
Fibre	4g
Total Fat	20g
Saturated Fat	5g
Cholesterol	60mg
Sodium	105mg
Potassium	658mg
Phosphorus	288mg

INGREDIENTS

4 boneless centre cut pork chops (400g)

HARISSA*

1/2 tablespoon ground coriander

1/2 teaspoon ground caraway

1/2 teaspoon ground cumin

1/2 teaspoon chili flakes

1/4 cup olive oil

1 clove garlic

1/4 cup roasted red peppers

1/2 tablespoon honey

SIDE DISH

2 cups potatoes, peeled and diced

2 cups green beans, trimmed

1 tablespoon butter

1 tablespoon dried thyme

* Harissa is a chili paste popular in North African and Middle Eastern cooking. The paste enhances soups and stews and can be used to marinade fish and meat.

PREPARATION

- 1 To prepare the Harissa marinade, place all the ingredients in a food processor or blender and mix them.
- 2 In a bowl, massage the marinade into the pork chops. Cover and marinate the pork in the refrigerator for a minimum of one hour and up to 24 hours.
- 3 To make the double boiled mashed potatoes:
 - Put potatoes in a saucepan and add water to cover them.
 - Bring them to boil. Remove saucepan from stove and pour the water off.
 - Add fresh water to cover potatoes. Bring to boil a second time and simmer until potatoes are tender.
 - Drain the potatoes and discard the water.
 - Refer to our article on page 16 for seasoning options.
- 4 Boil or steam green beans. Toss them in butter and dried thyme.
- 5 In a frying pan, over medium-high heat, fry the pork chops for approximately 4 minutes per side. The internal temperature should read 160°F.
- 6 Serve the pork chops with the double boiled mashed potatoes and green beans.