



One Pan Pork & Lentils

Serves 2, 1 bite per serving

If you are looking for a speedy midweek dinner, that's high in protein and deliciousness, this is the recipe for you. We all need to be looking to more plant based healthier proteins, and lentils tick all the boxes. This is a great low carb option, we promise you won't miss the spuds!

Ingredients

- 2 pork chops
- 1 tin of green lentils, drained
- 1 bag of baby spinach
- 2 carrots, diced
- 1 stick of celery, diced
- 1 onion, diced
- 2 garlic cloves, crushed
- 1 chicken stock cube
- 2 tsp dijon mustard
- 165g extra light philadelphia
- 400ml water

Method

Season the pork chops with salt and pepper. Sear on a hot pan with a little spray oil. 2 minute each side should do it. Remove the fat after they are cooked. Set aside.

In the same pan, turn the heat down, add in the all vegetables and cook until tender, add a splash of water if needed. Add in the philadelphia, stock cube, mustard and water and bring to a simmer, reduce for 5 minutes until the sauce has slightly thickened. Add the spinach and cook until wilted, then add the lentils and the pork chops covering the pork chops with the mixture and simmer for a minute or two until everything is warmed through.