

# Grilled Pork Chops with Coleslaw and Beans

## **Ingredients: (serves 4)**

4 good sized chops  
1 tablespoon olive oil  
2 cloves garlic  
Salt & pepper  
200g cannellini beans

### For the coleslaw:

One small onion  
One carrot  
Few cabbage leaves  
1 teaspoon balsamic vinegar  
1 tablespoon olive oil  
Few radishes



## **Method:**

Heat up your grill pan in advance  
Sweat garlic in olive oil. Season chops  
Grill chops for five minutes on each side  
Heat up the cannellini beans in a small pot  
Shred finely the cabbage, onion & carrot  
Season with olive oil and vinegar  
Garnish with sliced radishes  
Serve the beans and coleslaw with the chops

## **Hints & tips:**

Sprinkle some white wine on chops during grilling so that these remain moist. Ask your butcher at the Prime Meat Shop to explain the variety of chops available. You may wish to opt for medallions, boneless and skinless, derived from the centre cut of the pork loin.