COATED IBERIAN PORK
WITH SAUTÉED
HARICOT BEANS

INGREDIENTS

- 500g Iberian pork
- 100ml soya sauce
- 1 tbsp. Lea & Perrins (Worcestershire sauce)
- 2 tbsp. honey
- 300g cooked Haricot beans
- 6 green chillies
- 8 wild asparagus
- Oil
- Salt & pepper

METHOD

- In a small Mibrasa casserole dish, mix soya sauce, honey and Worcestershire sauce and stir well. Apply the sauce mix to the pork and leave to marinate for half an hour.

- Cut and discard the hard stems from the asparagus and cut the rest into small slices leaving the spears intact. Place in a Mibrasa casserole dish with some olive oil and cook in the oven for 2 mins. Slice the 2 green chillies, add to the asparagus and leave to cook for another minute. Add the beans to the casserole, toss altogether and leave in the oven for another minute. Place the rest of the chillies whole directly onto the grill so they cook quickly.

- Take the pork out from the marinade and place it directly on the grill and sear one minute each side. (Close the upper damper to prevent the fat from the meat from flaming up.) Remove the meat and leave on a separate plate to rest. Take the casserole dish with the soya mix and reduce in the oven for 1-2 minutes.

- To serve, cut the pork into strips 1½ cm thick and lay on a bed of sautéed beans. Top with whole chillies and a drizzle of reduced soya dressing.