

Pork Loin with Belgian Endive (Chicory) and Beans



Michigan Restaurant & Lodging Association
EDUCATIONAL FOUNDATION

MRLAEF

Ingredients

3 lbs Pork Loin
1 tbsp olive oil
1 tsp salt
1 tbsp anise seeds, crushed
2 tbsp fennel seeds crushed
1 tsp red pepper flakes, crushed
3 medium heads of Chicory, thoroughly washed and roughly chopped
1 15 oz can bean, drained
2 cloves garlic, crushed or chopped
1 tsp extra virgin olive oil

Directions

Preheat oven to 400 degrees.
Mix salt, anise, fennel, and red pepper. Rub pork with olive oil then with the herb mix. Place pork on a rimmed baking sheet (line with foil for easy clean up). Roast until internal temperature reaches 140 degrees. Let rest for 10 minutes before slicing, temperature will continue to rise.

Meanwhile, bring water to boil in a large pot. Boil the chicory for 5 to 10 minutes. Carefully drain.

Using a nonstick sauté pan heat 1 tsp oil over medium heat. Add garlic, cook about 30 seconds until fragrant. Add chicory and sauté briefly, add beans.

Nutritional Information

Calories per serving

Total Fat

Saturated Fat

Cholesterol

Sodium

Total Carbohydrates

Dietary Fiber

Protein

Servings 6

644

37.1g

12.6g

181mg

575mg

11.4g

7g

65.4g