

How to cook Pork Loin Steak

Heat a heavy-based or non-stick frying pan to around medium heat. Oil the steak on both sides, rub in and season with salt, pepper and anything else you fancy. Put the pork steak in the hot pan. Keep a close eye on it – it should take roughly 6 -7 minutes on each side, depending on the thickness of the steaks.

How to cook pork loin steak with spring greens

Ingredients

2 tbsp olive oil

[4 boneless pork loin steaks](#), each weighing about 140g/5oz

2 garlic cloves, crushed

a generous pinch of dried chilli flakes

140g shredded spring greens

410g can chickpeas, drained and rinsed

Method

STEP 1

To cook the pork, heat the oil in a deep frying pan that's big enough to fit the greens later. Season the steaks all over with salt and pepper and fry over a medium heat for 6-7 minutes on each side until golden brown. Remove from the pan and keep hot on a warmed plate or in a low oven.

STEP 2

To wilt the greens, tip the garlic and chilli flakes into the same pan and cook for about 30 seconds until sizzling but not browned, then pour in 5 tablespoons water and toss in the greens. Simmer for 4-5 minutes until the greens wilt. Stir in the chickpeas and any juices from the pork and continue stirring until everything's hot. Serve a mound of greens topped with a steak and any juices.