

# Pork Chops with Green Beans and Garlic Butter

(Sunday dinner)



Net carbs: 3 % (6 g)

Fiber: 3 g

Fat: 73 % (73 g)

Protein: 24 % (54 g)

kcal: 910

## Ingredients:

1 pork chop

½ oz. butter, for frying

4 oz. fresh green beans

salt and pepper

## Garlic butter:

1¼ oz. butter, at room temperature

¼ tbsp dried parsley

⅛ tbsp garlic powder

¼ tbsp lemon juice

salt and pepper

## DIRECTIONS:

1. Take the butter out of the fridge and let it reach room temperature.
2. Mix butter, garlic, parsley and lemon juice. Season with salt and pepper to taste. Set aside.
3. Make a few small cuts in the fat surrounding the chops to help them stay flat when frying. Season with salt and pepper.
4. Heat a frying pan over medium-high heat. Add butter to the pan and add the chops.
5. Fry the chops for about 5 minutes on each side or until golden brown and thoroughly cooked through.
6. Remove the chops from the pan and keep warm.
7. Use the same skillet and add the beans. Salt and pepper to taste. Cook over medium-high heat for a couple of minutes until the beans have a vibrant color and are slightly softened but still a bit crunchy.
8. Serve the pork chops and beans together with a dollop of garlic butter melting on top.

