

Roasted pork chop with honey and Espelette, sauce vierge, crunchy asparagus and parsnips salad

Recipe for 4 persons



Description

Roast pork chop with honey and Espelette pepper topped with a sauce vierge and accompanied by a crisp salad of asparagus and parsnips.

Note

So that parsnips retain their crispness and color, keep them in ice water and season your salad at the last moment.

Ingredients

For the roast pork chop

- 4 Unit(s) Pork chop
- 5 Ml Espelette pepper
- 100 Ml Honey
- Olive oil
- Vegetable oil
- Salt and pepper

For the sauce vierge

- 0.50 Box(es) Cherry tomatoes
- 1 Clove(s) Garlic
- 30 Ml Pine nuts
- 0.50 Bunch(es) Parsley
- 1 Unit(s) Lemon
- 60 Ml Olive oil
- Olive oil
- Vegetable oil
- Salt and pepper

For the crispy salad

- 0.50 Bunch(es) Green asparagus
- 0.50 Bunch(es) Chives
- 4 Unit(s) Parsnip
- 15 Ml Lemon vinegar
- 15 Ml Grainy mustard
- 30 Ml Olive oil
- Olive oil

- Vegetable oil
- Salt and pepper

Preparation

- Preparation time **45 mins**
- Preheat your **four** at **400 F°**

General preparation

Cut the cherry tomatoes into quarters. Chop garlic and parsley. Use a peeler to create long ribbons of parsnips. Cut the asparagus diagonally.

Sauce vierge preparation

In a large bowl, combine the cherry tomatoes, chopped garlic, pine nuts and chopped parsley, olive oil and lemon juice. Season with salt and pepper.

Roast pork chops preparation

In a skillet over high heat, sear the pork chops, seasoned beforehand with salt and pepper, 2 minutes per side until they brown nicely. Brush your chops with honey and sprinkle some Espelette pepper. Finish cooking in oven 8 to 10 minutes.

Salad preparation

Cook asparagus in large pot of boiling salted water 1 minute and plunge into ice water to stop cooking. Place them in a large bowl with parsnip ribbons. Stir in the chopped chives, grainy mustard, lemon vinegar, olive oil and mix. Season with salt and pepper.

To serve

Place a serving of salad in the middle of the plate, creating some height. Then place a pork chop on the salad and drizzle it with sauce vierge.

Bon appétit!