

## Pan fried pork chops with sage and white wine

By Mary Contini



### Ingredients

2 x 220g free range pork chops  
3-4 fresh sage leaves  
150 ml dry white wine  
400g winter greens (kale)  
4-5 tbsps. extra virgin olive oil  
1 clove garlic  
Small piece dried chilli  
100g chopped dry cured bacon  
Juice of ½ lemon and zest

**Prep Time: 15 mins**  
**Cooking Time: 15 - 20 mins**  
**Serves: 2**

### Method

1. Trim the fat on the chops, cutting it so it does not curl up when cooking.
2. Bash the pork to tenderise it a little.
3. Warm 1-2 tbsps. of extra virgin olive oil in a heavy frying pan.
4. Add the pork chops and sauté until browned and caramelised.
5. Turn and sauté the other side adding the sage leaves and 150 ml white wine. Cook the alcohol off then put into a pre-heated medium/hot oven for about 15 mins.
6. While the pork is in the oven, wash and finely shred the greens.
7. Blanch them in boiling salted water for a few minutes and refresh in cold water
8. Warm 3-4 tbsps. extra virgin olive oil in a frying pan and sauté the garlic and chilli.
9. Add the chopped dry cure bacon and cook until crispy.
10. Add the cabbage and toss in the flavoured oil.
11. Season with sea salt and pepper
12. The pork is cooked when there is no trace of red blood near to the bones. When the pork is out of the oven squeeze over the lemon juice and add some lemon zest.
13. Serve on top of some of the cabbage and with the juices from the pan