

Chickpea Chard Pork

Courtesy of Jamie Oliver (5 Ingredients book)

Serves/time 4 people / 29 mins

Ingredients

400g of higher-welfare pork fillet (we recommend Berkshire of course!)

1 x 480g jar of roasted peeled peppers in brine

300g rainbow chard

1 heaped tsp fennel seeds

1 x 660g jar of chickpeas

Method

Put a large shallow casserole on a high heat. Season the pork with sea salt and black pepper, then place in the pan with 1 tbsp olive oil and sear for 5 minutes, turning halfway. Dice the drained peppers into 1cm chunks, then trim and finely slice the chard, stalks and all.

Remove the pork to a plate, then add the fennel seeds, peppers and chard to the pork fat in the pan. Stir and fry for 2 minutes, then stir in the chickpeas and their juice, and bring to the boil. Sit the pork back at the bottom of the pan with any resting juices, cover and simmer on a medium heat for 12 minutes, turning occasionally, until the pork is cooked and it all smells incredible.

Rest for 2 minutes, slice the pork, and season, adding a splash of red wine vinegar. Drizzle with extra-virgin olive oil to serve.