



## Ferran Adrià's Pork Loin with Roasted Peppers and Parsley Oil



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



592 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 sprigs parsley fresh
- ☐ 3 garlic clove peeled
- ☐ 0.5 cup olive oil
- ☐ 10 pork loin chops thin-cut
- ☐ 2 large bell pepper red
- ☐ 4 servings salt and pepper

### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ roasting pan
- ☐ tongs

## Directions

- ☐ Preheat the oven to 400°F. Rinse the bell peppers, and while still wet, place them on a roasting pan.
- ☐ Drizzle with a couple tablespoons of oil, and toss to coat. Set the roasting pan in the oven and cook, rotating the peppers every ten minutes or so, until the peppers are slightly blackened all sides. When done, use a pair of tongs to transfer the peppers to a large bowl, and allow them to cool for a few minutes.
- ☐ Meanwhile, place the garlic cloves in a small saucepan and cover with cold water. Bring to a boil over high heat, and then remove the garlic and toss in a bowl of ice water. When cool, remove the garlic cloves and repeat this process, making sure to start with cold water in the saucepan.
- ☐ Toss blanched garlic cloves and the fresh parsley into a blender, and pour in about 1/4 cup of the olive oil. Process until everything is finely chopped. Season with a pinch of salt.
- ☐ Once the bell peppers have cooled, remove the stems, seeds, and skins. Try to collect as much of the roasting juice in a bowl as possible. Thinly slice the peppers. Toss the pepper strips and roasting juices into a saucepan. Turn the heat to low and cook for 5 minutes.
- ☐ Season the pork loin steaks with salt and pepper on both sides.
- ☐ Pour a tablespoon of oil into a large cast-iron skillet set over high heat.
- ☐ Add as many of the pork loin steaks as will fit and cook until browned on each side, about two minutes. Repeat process until all have been cooked.
- ☐ Serve the pork steaks with peppers on the side and garlic and a tablespoon of parsley oil on top.

## Nutrition Facts



 **PROTEIN 50.83%**  **FAT 45.19%**  **CARBS 3.98%**

Properties

Glycemic Index:23.5, Glycemic Load:1.25, Inflammation Score:-9, Nutrition Score:40.222174157267%

Flavonoids

Apigenin: 1.64mg, Apigenin: 1.64mg, Apigenin: 1.64mg, Apigenin: 1.64mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 591.93kcal (29.6%), Fat: 28.91g (44.48%), Saturated Fat: 9g (56.28%), Carbohydrates: 5.74g (1.91%), Net Carbohydrates: 3.94g (1.43%), Sugar: 3.47g (3.86%), Cholesterol: 224.45mg (74.82%), Sodium: 358.78mg (15.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 73.17g (146.34%), Selenium: 111.29µg (158.98%), Vitamin B1: 2.28mg (152.26%), Vitamin B3: 27.59mg (137.94%), Vitamin B6: 2.7mg (134.96%), Vitamin C: 106.66mg (129.28%), Phosphorus: 782.3mg (78.23%), Vitamin A: 2644.2IU (52.88%), Potassium: 1435.84mg (41.02%), Vitamin B2: 0.69mg (40.74%), Zinc: 5.43mg (36.21%), Vitamin B12: 1.78µg (29.59%), Vitamin B5: 2.71mg (27.12%), Magnesium: 97.88mg (24.47%), Vitamin K: 19.61µg (18.67%), Vitamin E: 2.52mg (16.77%), Iron: 2.14mg (11.91%), Copper: 0.21mg (10.48%), Folate: 38.93µg (9.73%), Vitamin D: 1.34µg (8.93%), Manganese: 0.15mg (7.73%), Fiber: 1.79g (7.18%), Calcium: 34.47mg (3.45%)