

ROSEMARY & LEMON PORKCHOPS WITH ASPARAGUS

Serves 1 | 20mins | 5.3 Carbs | 40 Fat | 41.7 Protein | 549.5 Cal



Ingredients

- 2 tablespoons olive oil
- 1 clove garlic, minced
- 1 tablespoons chopped rosemary
- 1 pork chop
- 1/2 cup chopped asparagus
- 1 tablespoon lemon juice
- Salt and pepper

Directions

Heat the olive oil in a large skillet. Add the garlic and rosemary and cook for 1 minute. Add the pork chop and sear until browned on both sides. Add the asparagus to the pan and continue cooking until pork chops are done and asparagus is crisp tender. Add the lemon juice, season with salt and pepper and serve.