Garlic-Lime Pork with Spinach & Quinoa
Serves 2

- 3 T lime juice (45 ml)
- 1 T almond butter *(or peanut butter)*
- 2 cloves garlic, minced
- ¾ tsp honey
- ¼ tsp salt
- ¼ tsp black pepper
- 2 boneless pork steaks (approx. 125 g each)
- 2 tsp olive oil (for pork)
- 90 g dry quinoa *(or substitute genmai or pearl barley—see note below)*
- 150 g fresh baby spinach
- 1 T chopped toasted walnuts *(optional, for garnish)*
- Lime wedges, for serving

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1. Cook **quinoa**: Rinse and cook 90 g quinoa in **180 ml water** with a pinch of **salt**. Bring to a boil, cover, and **simmer for 15 minutes**. **Let rest covered for 5 minutes**, then fluff with a fork. Set aside.
2. Make **lime sauce**: In a small bowl, whisk together **lime juice**, **almond butter**, minced **garlic**, **honey**, ¼ tsp **salt**, and ¼ tsp **pepper**. Set aside.
3. Prepare pork:
   Pat **pork** dry and season lightly with a bit more **pepper** (skip extra salt if watching sodium). Heat 2 tsp **olive oil** in a skillet over **medium-high heat**. Add pork and sear for about **3–4 minutes per side** or until nicely browned and the internal temp reaches 63°C. Remove from skillet and keep warm.
4. Sauté **spinach** and assemble:
   In the same pan (no need to wash), add the lime sauce and stir, scraping up the brown bits. Add cooked quinoa and mix to coat. Then add spinach and stir until just wilted (1–2 minutes). Taste and add black pepper if needed.
5. Serve:
   Place quinoa-spinach mixture on plates, top with pork, and sprinkle with toasted walnuts (if using). Serve with lime wedges on the side.

✅ Nutritional Breakdown (Per Serving — 1/2 recipe)

Nutrient	Amount
Calories	~430 kcal
Protein	~32 g
Fat	~19 g
— Saturated Fat	~3 g
Carbs	~29 g
— Sugars	~5.5 g
Fiber	~4 g
Sodium	~370 mg

🥗 Notes & Tips:
- Quinoa is high in protein and fiber, and it absorbs the citrusy sauce well.
  You could also use genmai (cook ~100 g dry) or pearl barley (cook ~80 g dry), but those take longer and result in slightly higher carbs and lower protein.
- Use unsalted almond butter to better control sodium and keep the flavor bright and clean.
- If you'd like more heat, you could add a pinch of chili flakes to the lime sauce.
- For added color, try tossing in a few halved cherry tomatoes right at the end.