

Garlic-Butter Pork with Spinach & Mushrooms

ガーリックバターポーク・ほうれん草・きのこ

Serves: 2 | Pan: 26 cm skillet | Total time: ~25 minutes



Ingredients

- 2 pork steaks (180–220 g total) (豚ロースステーキ肉)
- 200–210 g spinach (ほうれん草)
- 120–150 g mushrooms (きのこ類：しめじ・まいたけ等)
- 20 g walnuts (くるみ)

- ½ tsp salt + pinch MSG (塩+MSG)
- ½ tsp black pepper

- 1 T / 14 g olive oil (オリーブオイル)
- 25 g butter (バター)
- 2 tsp / 10 g garlic, minced (にんにく)
- 1 tsp lemon zest
- 2 tsp / 10 ml lemon juice
- Optional: 1 tsp / 5 ml low-sodium soy sauce

Instructions

1. Trim excess fat from pork and pat completely dry.
2. Season both sides with **salt + MSG** and **pepper**.
3. Heat pan to **medium-high** and add **olive oil**.
4. Cook pork based on thickness:
 - **Thin** (1 cm): 2–3 min per side
 - **Medium** (1.5–2 cm): 3–4 min per side
 - **Thick** (2.5–3 cm): 3 min per side + 2–3 min lower heat
5. Reduce heat to **medium** and add **butter, garlic, lemon zest**. Spoon butter over pork for 1 minute (do not burn garlic).
6. Remove pork and **rest 5 minutes**.
7. Cook **mushrooms**:
 - Use same pan (add 1 tsp oil if dry).
 - Cook over **medium-high 4–6 minutes**.
 - Do not stir constantly—allow browning.
8. Season mushrooms lightly with **salt + MSG** and pepper.
9. Add **spinach** and **lemon juice**. Cook until just wilted (**2–3 minutes**).
10. Add **walnuts** and toss briefly.
11. Optional: add **1 tsp soy sauce** for depth.
12. Slice pork and serve over vegetables. Spoon remaining sauce over top.

Notes

- Cook pork by thickness, not weight.
- Mushrooms must brown (not steam) for best flavor.
- Garlic burns easily—lower heat before adding.
- Spinach should stay bright green.
- Walnuts add texture and omega-3.

Nutrition

Per serving: Kcal: 480 | Protein: 36 g | Fat: 33 g | Sat Fat: 12 g | Carbs: 8 g |
Fiber: 4 g | Sodium: 550 mg | Omega-3: 0.9 g

Total dish: Kcal: 960 | Protein: 72 g | Fat: 66 g | Sat Fat: 24 g | Carbs: 16 g |
Fiber: 8 g | Sodium: 1100 mg | Omega-3: 1.8 g