

Pork Roast with Mashed Chickpeas and Lemon Vinaigrette

Makes 8 Servings

Ingredients

For vinaigrette:

- ☐ 1/4 cup oil
- ☐ 1/2 lemon, juiced (about 1 tablespoon of lemon juice)
- ☐ 1/2 teaspoon salt
- ☐ 1 teaspoon dried parsley

For pork and chickpeas:

- ☐ 1 (4-pound) pork loin roast
- ☐ 1 tablespoon mustard
- ☐ 6 cloves garlic, chopped
- ☐ 1 tablespoon each dried thyme and dried rosemary (or 2 tablespoons Italian seasoning)
- ☐ 1/2 teaspoon salt
- ☐ 1 teaspoon pepper
- ☐ 2 (15-ounce) cans chickpeas, rinsed and drained, or 3 cups cooked chickpeas
- ☐ 3/4 cup low-sodium chicken broth or water

Directions

For vinaigrette:

1. In a small bowl, using a fork, mix oil, lemon juice, salt and parsley. Once mixed, set aside.

For pork and chickpeas:

1. Preheat oven to 350°F. Line a rimmed baking sheet with aluminum foil. Brush roast with mustard until coated.
2. In a small bowl, mix garlic, thyme, rosemary, salt and pepper. Rub herb mixture evenly over roast.
3. Place roast on the baking sheet. Cook pork roast until light golden-brown, or until meat thermometer reads 145°F, about 1 hour-1 hour 15 minutes. Remove from oven and allow to rest for 20 minutes before slicing.
4. While the pork is cooking, in a pot over medium heat, add chickpeas and broth. Bring to a simmer (bubble) and cook for about 5 minutes. Using a fork or potato masher, mash chickpeas until smooth.
5. Serve sliced pork with mashed chickpeas and top with vinaigrette.



Recipe from: Feeding Pennsylvania and PA Eats