

Barbados Chops with Black Bean Relish



Ingredients

Pork:

- 4 pork loin centre chops, boneless, about 1-inch / 2.5 cm thick
- 1 Tbsp / 15 mL canola oil, divided
- 2 cloves garlic, minced
- 2 tsp / 10 mL finely chopped green olives
- ½ jalapeno pepper, seeded and finely chopped
- 1 tsp / 5 mL dried thyme leaves
- ½ tsp / 2mL ground allspice
- 2 Tbsp / 30 mL lime juice

Relish:

- 1 Tbsp / 15 mL canola oil
- 1 small yellow onion, diced
- 1-14 oz / 398 mL can black beans, drained and rinsed
- ½ sweet red pepper, diced
- 2 Tbsp / 30 mL cider vinegar
- ½ tsp / 2 mL hot pepper sauce
- 1 Tbsp / 15 mL chopped fresh cilantro

Directions

1. Place chops in large resealable plastic bag.
2. In small bowl, combine canola oil, garlic, olives, jalapeno, thyme, allspice and lime juice. Pour over chops. Seal bag.
3. Marinate in refrigerator 4-24 hours, turning bag occasionally.
4. Meanwhile, in small skillet, heat oil over medium-high heat. Sauté onion just until tender, about 4 minutes.
5. In medium bowl, combine onion with remaining relish ingredients. Cover and let stand at room temperature for 1 hour to let flavours develop. Refrigerate for longer storage.
6. Remove chops from marinade, discard marinade. Pat chops with paper towels to remove excess marinade.

7. Preheat barbecue on high; reduce heat to medium. Grill chops 5-7 minutes per side or until instant-read thermometer registers 155°F.
8. Remove chops from grill onto a clean plate. Tent loosely with foil and allow chops to rest 3-5 minutes.
9. Serve with black bean relish.

Additional Info

- **Cut:** Chops/steaks
- **Prep Time (Minutes):** 25
- **Cook Time (Minutes):** 15
- **Number of Servings:** 4