**Pork with garlicky bean mash**

Serves 1

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* 1 pork steak, trimmed of fat
* 1 tbsp olive oil
* 1 small onion or shallot, chopped
* 1 garlic clove, crushed
* ½ 410g can haricot beans in water, rinsed and drained
* 125ml vegetable stock
* 1 tbsp chopped coriander

1. Grill the pork for 12-15 mins, turning once until browned and cooked through.
2. Heat the oil in a small pan, add the onion or shallot and fry for 3 mins until softened.
3. Add the garlic, fry for 1 min more, then tip in the beans and stock and simmer for 5 mins.
4. Roughly mash with a potato masher or fork, then stir in the coriander.
5. Serve with the pork.