



## Mediterranean Pork Belly with Arugula-Kalamata Salad

**Active Time:** 15 minutes | **Total Time:** 15 minutes | **Serves:** 4

## Nutrition Information Per Serving

520.4 calories, 1.73 g carbohydrate, 0.83 g fiber, 0.9 g NET carbs, 8.5 g protein, 53.37 g fat

## Ingredients

- 4 cup(s) organic arugula
- 16 large(s) Kalamata olives
- 2 Tbsp(s) extra virgin olive oil
- 12 ounce(s) pastured pork belly (cooked)
- 1 pinch sea salt

## Preparation

1. Reheat the cooked pork belly. Add a steamer basket to a saucepan. Fill saucepan with water, filling just below the steamer basket.
2. Add cooked, sliced pork belly to steamer basket. Bring water to a simmer and cover, steaming 5-7 minutes to heat through.
3. Meanwhile, place arugula and olives in a large bowl. Drizzle with olive oil and sea salt. Toss with your hands to coat.
4. Serve arugula salad with pork belly.

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