Dinner

Golden Pork Chops with Roasted Fruit and Potatoes

Pan-fried pork chops bake gently with apple, pear, new potatoes and onion in an orange, thyme and wholegrain mustard sauce, finished with a spoonful of crème fraiche.



Nut free | Low fat

60 min	386	39 g	23.9 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 1 tsp rapeseed oil
- [ ] 2 lean pork chops (approx. 125g each), fat trimmed off
- [ ] freshly ground black pepper
- [ ] 1 eating apple, quartered and cored
- [ ] 1 large pear, quartered and cored
- [ ] 200 g new potatoes, cut into chunks
- [ ] 1 small onion, cut into wedges
- [ ] grated rind and juice 1 orange
- [ ] 1 tsp fresh thyme or half tsp dried
- [ ] 1 tbsp wholegrain mustard
- [ ] 2 tbsp half-fat crème fraiche

Method

- [ ] 1 Heat the oven to 180°C, gas mark 4.
- [ ] 2 Warm the rapeseed oil in a frying pan.
- [ ] 3 Trim any fat from the pork chops, season them with freshly ground black pepper and fry for 1-2 minutes on each side until golden.
- [ ] 4 Transfer the pork chops to an ovenproof dish and add the eating apple, pear, new potatoes and onion.
- [ ] 5 Stir the orange rind and juice together with the thyme and wholegrain mustard, then pour this over everything in the dish.
- [ ] 6 Cover the dish with foil and bake for 20 minutes.
- [ ] 7 Remove the foil, mix everything well and bake for a further 20-30 minutes.
- [ ] 8 Stir the half-fat crème fraiche through just before serving.

Nutrition Facts

Per serving

Calories	386
Total fat	10.1 g
Saturated fat	3.6 g
Sodium	Not listed
Total carbs	39 g
Fiber	6.4 g
Total sugars	23.9 g
Protein	31.5 g

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