

Apple Glazed Pork Chop & Cauliflower & Potato Mash

🍷 2 servings

543 Kcal / serving

37g Protein 26g Fat 43g Carbs

Ingredients

- 1 large (250g) - **Potato**
- 150g - **Piece cauliflower**
- 2 teaspoons (10g) - **Rapeseed or olive oil**
- 1 (125g) - **Apple**
- 2 (200g) - **Small carrots**
- 15g - **butter**
- 2 tablespoons (30g) - **Low fat milk (1.5% fat)**
- 2 (300g) - **Boneless loin pork chops (well-trimmed of excess fat)**
- **Freshly ground black pepper**
- **Handful fresh parsley leaves, to garnish (optional)**



The Method

Peel the potato and cut into even-sized chunks. Break the cauliflower into small florets. Place in a pan of boiling water and return to the boil. Reduce the heat, cover with a lid and simmer for 15-20 minutes until tender.

Heat a non-stick frying pan over a medium to high heat. Add the oil and then add the pork chops and season with pepper. Cook for 4-5 minutes until golden brown.

Meanwhile, peel and finely slice the apple and add to the frying pan. Turn the pork chops over and cook for another 4-5 minutes until the pork chops are cooked through and tender and the apples are nicely glazed. Test with a small knife to ensure the chops are cooked through. Remove from the heat and leave to rest for 5-10 minutes.

Peel the carrots and cut into thin slices. Place in a pan of boiling water and cook for 3-4 minutes until just tender. Drain.

Drain the potatoes and cauliflower and return to the hot pan. Cover and leave for a few minutes to dry out. Mash with the butter and season with pepper, then beat in the milk.

Arrange the pork chops and apple slices on plates with the cauliflower and potato mash. Add the carrots and garnish with some parsley, if liked to serve.

🌱 Suitable for vegetarians if a plant-based alternative is used instead of pork