

Ben's Original™

Pork Chop with Roasted Vegetables
RECIPE

Pork Chop with Roasted Vegetables



TIME 40 mins
INGREDIENTS 8 items
MAKES 2 servings

Pork chops are versatile and flavoursome. Served with roasted vegetables and rice, this makes a perfect midweek meal!

INGREDIENTS

- Ben's Original™ Roasted Garlic Microwave Rice 220g
- 2tbsp Olive Oil
- 1 Red Onion, chopped
- 1 Pepper, chopped
- 1 Garlic Clove, whole
- 1 Courgette, chopped
- 2 Sprigs of Rosemary
- 2 Pork Chops

INSTRUCTION

1. Preheat oven to 200C. Place the peppers, red onion, garlic, rosemary sprig and

courgette in a bowl with 1tbsp oil and seasoning. Tip into a roasting tin and place in the oven for 30 minutes.

2. Place a griddle or frying pan over a high heat. Brush the pork chops with oil and season well. Place into the pan fat side down until it starts to crisp, then place flat for 10-12 minutes, turning half way until cooked through. Wrap in foil and set aside to rest until the vegetables are ready.
3. Cook the Ben's Original™ rice according to pack instructions and split between two plates. Top with the roasted vegetables and pork chop, sprinkle with remaining rosemary.

NUTRITION

Amount Per Serving

- Carbohydrates (g) 48.2
- Cholesterol(mg) 161
- Dietary Fiber (g) 5.7
- Energy (kj) 2964
- Protein (g) 50.4
- Sugars (g) 7.8
- Total Fat (g) 32.5
- Saturated Fat (g) 8.4
- Salt(g) 0.71
- Sodium (mg) 283
- Trans Fat(g) 0.2

Categories:

[Garlic](#), [Pork](#), [30 - 45 MIN](#), [Bake](#), [Easy family dinners](#).

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[Stuffed Peppers](#)

Cooking time

30 mins

Ingredients

11 items



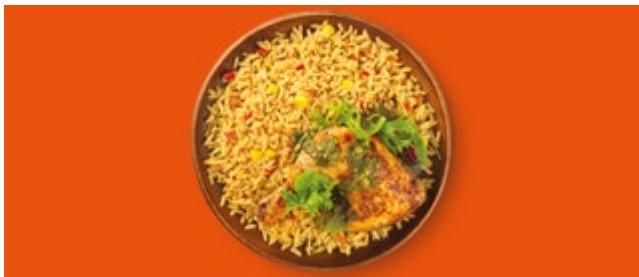
Spanish Style Rice

Cooking time

40 mins

Ingredients

13 items



Herby Chicken with Pesto

Cooking time

40 mins

Ingredients

12 items

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