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.

MORE RECIPES LIKE THIS



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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