



Preparation: 10 mins

Cooking: 40 mins

Serves: 4

Cost: Under £7.00

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Nutritional Information

Per 315g serving

Energy	406 kcal 1711 kJ	Carbohydrate	37.8g
Fat	14g	Sugar	13.2g
Saturates	3.5g	Salt	0.2g
Protein	34.8g	Sodium	81mg
NSP Fibre	4.70g		

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Ingredients

- 4 (630g) Pork Chops
- 8 Medium Sized (680g) Potatoes
- 4 Medium Sized (320g) Carrots
- 1 Medium Sized (150g) Red Onion
- 2 Medium Sized (200g) Eating Apples
- 2 Tablespoons (20g) Vegetable Oil
- 1 Teaspoon (1g) Dried Mixed Herbs
- 1 Pinch Ground Black Pepper

Tips

Time Saver Tips: Why not make this up to a day ahead (leave out the apples for now) so you can store it in the fridge ready for later? Then just pop the apples in before cooking.

Cost Saver Tips: This is a great way to use whatever vegetables are on offer – you could try courgettes, sweet potatoes, leeks, cherry tomatoes, parsnips or butternut squash for a change. It's a good idea to try and go for what's seasonal for the best bargains. You could try pork loin, other types of meat or even fish to add to the vegetables. Bear in mind that the cooking time for these alternatives may vary, so make sure the meat or fish is cooked through before plating up.

Tips for Kids: How about adding some sage or chilli for a different taste? Or you could see if your wee one likes this with wholegrain mustard and some green vegetables. Your little one will love helping you to mix all the veggies.



Method

1. Preheat the oven to 200°C / 180°C fan oven / 400°F / gas mark 6.
2. Wash and peel the potatoes and carrots and cut into chunks. Peel and slice the onion. Wash the apples, then core and cut them into quarters.
3. Boil the potatoes and carrots together for 5 minutes, then drain.
4. Toss the potatoes, carrots, apple and onion together with the oil, herbs and black pepper on an ovenproof tray.
5. Trim the fat off the pork chops and lay them on top of the vegetables. Roast in the oven for about 30 minutes, turning the chops halfway through cooking.
9. Enjoy hot.

Allergy Disclaimer

Always check the label of each ingredient for allergy warnings.