

Delicious Dinners

Speedy Pork and Apple Chops



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(Serves 4)

Ingredients:

- 3 x apples
- 4 x pork chops
- 1 teaspoon dried thyme
- 100g cheddar cheese
- Black pepper
- 4 x small potatoes
- 3 x carrots
- 1 x small head broccoli

Equipment:

- Oven and Oven gloves
- Grill
- Chopping board
- Knife
- Kettle
- Microwave
- Microwavable dish
- Spoons
- Grater



Method:

1. Pre-heat the oven to 170°C.
2. Wash and prick potatoes. Place in oven and bake for 40 – 60 minutes until soft inside.
3. Peel and core apples, chop into small cubes and place in a microwavable dish. Cover and cook for 2 minutes on high, stir. Cook for a further 2 minutes or until soft and easily pulped.
4. Preheat the grill to a high temperature.
5. Season the pork chops with thyme and black pepper.
6. Place the seasoned pork chops on the grill rack and grill for 10 – 15 minutes, turning once, until chops are golden brown and cooked through.
7. Grate cheese.
8. Divide the apple sauce between chops and top with grated cheese. Return to the grill and cook for a further 4 mins or until the topping is golden brown.
9. Peel the carrots and chop into batons. Chop broccoli into florets.
10. Place carrots in a pan of boiling water and boil for 3 minutes. Add broccoli florets and cook for a further 3 minutes until vegetables are soft.
11. Plate up the meal – one jacket potato, a cheesy apple pork chop, carrots and broccoli.