FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Pork chops with apple gravy



Serves	Prep Time	Cooking	Total Time	Calories
2 people				**481 kcal**

Stuff that's in it:

• 100G Red Onion (Sliced)

• 1 Tsp Mustard

• 150G Brown Onion (Sliced)

• 1 Tbsp Plain Flour

• 500Ml Chicken Stock

• Sprig Of Sage Leaves (Finely Chopped)

• 1 Apple (Cored And Sliced Into Thin Chunks)

• 2 Pork Chops ((All Fat Removed After Cooking) Or 2 Pork Loin)

• 1 Tsp Oil

What you do:

Ideally use sage but you can also use Rosemary if you can't get hold of any.

The trick is to cook these a slowly as possible, something my mum always did.There's a significant amount of fat on a chop, which gives it flavour and keeps it tender but I don't eat it, if you do, the calories of the dish will be significantly higher, otherwise use pork loins or sausages!

Squirt a little oil in a heavy bottomed pan, heat and brown the chops for a few minutes each side. Reduce the heat right down, then cover and cook for around 10 minutes until fully cooked all the way through (75˚c

and above, turning once or twice during) the thicker the chop, the longer they take to cook!

Remove and allow to rest

In the same pan, add the red and white onion and apple, fry for a few minutes until the apple starts to caramelise then add the sage, fry until everything is soft and add the mustard. Sprinkle the flour all over, mix well then slowly add the stock, bring to the boil, then simmer for 20 mins.

Pop the chops back In to warm through and serve!

Nutrition

• Carbs: 27g

• Fat: 19g

• Protein: 48g

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