

Pork with Parma Sauce



Serves	Prep Time	Cooking	Total Time	Calories
2 people				516 kcal

Stuff that's in it:

- 6 Pork Medallions ((Used Tesco Finest))
 - 2 Garlic Cloves (Finely Sliced)
 - 120Ml Chicken Stock
 - 30G Parmesan Cheese Shavings
 - 40Ml Single Cream
- 100G Chestnut Mushrooms (Sliced)
- 90G Red Onion (Chopped Finely)
 - 2 Tsp Oil
- 400G Sweet Potatoes (Skin Left On And Sliced Into Wedges)

What you do:

Pop your wedges in the oven (190°c)/air fryer for around 25/29 minutes with a squirt of oil.

Squirt a little oil in a fry pan and heat, cook your medallions each side for around 10-12 mins on a medium heat, until cooked all the way through.

Remove from pan to rest.

In the same pan add the onion and mushroom, fry for 2 minutes then add the garlic, sauté for 1 minute

then add the stock, simmer until slightly reduced then add the cream and Parmesan and some chopped parsley.

Reduce heat and simmer for 2 mins then serve the sauce over the medallions and enjoy with the baked wedges.

Nutrition

- Carbs: 47g
- Fat: 17g
- Protein: 44g

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