

## Baked pork chop with apple (*côte de porc à la flamande*)

Cal  
730 KJ

Cal  
173 kcal

Fat  
4.9 g

Sat Fat  
1.7 g

Carb  
8.9 g

Sugar  
8.9 g

Protein  
24.0 g

Fibre  
1.4 g

\*

	4 portions	10 portions
pork chops	4	10
salt, pepper		
oil		
dessert apples	300 g	750 g

- Season the chops with salt and mill pepper.
- Half cook on both sides in a little oil in a sauté pan.
- Peel, core and slice the apples and place in an earthenware dish.
- Put the chops on the apples. Sprinkle with a little fat.
- Complete the cooking in a moderate oven at 180–200°C for approximately 10–15 minutes. Clean the dish and serve.

### Variations

- Pineapple rings may be used in place of apple.
- The chops may be grilled and garnished with slices of peeled, cooked apples sprinkled with caster or demerara sugar.
- The chops may be brushed with honey and grilled.
- The chops may be grilled and served with braised red cabbage and a slice of onion and sage tart (made with short pastry, covered with lightly fried onions, sprinkled with sage and baked).

\* *Using lean meat only*



### HEALTHY EATING TIP

- Lightly oil the pan with a little unsaturated oil to half-cook the chops. It should not be necessary to add more fat in the oven.
- Use the minimum amount of salt.