



Baked Pork Chop with Roasted Peppers, Sweet Potatoes & Green Beans

Putting everything on the same tray in the oven, except for the pork, allows all the flavours in this dish to combine together and also makes for less washing up -a win win! Leave the pork chop a little pink in the centre to keep it nice and juicy.

Ingredients

- Pork Chop
- Sweet Potato
- Red Pepper
- Garlic
- Green Beans
- Fresh Thyme

Your Pantry

- Olive Oil
- Salt & Pepper

Nutritional Info

Calories: 329 kcal
Carbohydrates: 35 g
Protein: 24 g
Fat: 11 g

Allergens


None

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) **Pre-heat the oven to 180C**

2) **Roast the sweet potato**

Peel the sweet potato and cut into 1 ½ cm squares, toss in oil and chopped thyme. Roast for 10 minutes on a large tray.

3) **Add the pepper to the tray**

Cut the pepper into strips and add to the sweet potato and cook for another 10 minutes.

4) **Add the green beans**

Next add the garlic (crushed) and the green beans to the tray and roast for a further 6-8 minutes.

5) **Pan-fry the pork**

In a hot pan fry the pork chop for 4 minutes on each side in a little oil. Remove the chop from the pan and keep warm.

6) **Plate the dish**

Remove the tray from the oven, mix the vegetables around and season with salt and pepper to taste. Serve with the pork chop sitting on top of the vegetable mix on a plate and enjoy!



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