



## Spiced Roast Pork Chop, Apple & Pak Choi

Apple and pork are a classic pairing and for good reason. The sweetness of the apple cuts the savoury pork, rice, and Asian spices perfectly. Avoid overcooking the Pak Choi in order to get the added crunchy texture from it.

### Nutritional Info

Calories: 579 kcal  
Carbohydrates: 45 g  
Protein: 50 g  
Fat: 21 g

### Ingredients

- Pork Chop
- Chicken Stock Cube
- Onion
- Basmati Rice
- Garlic
- Spice Mix
- Pak Choi
- Cumin
- Apple
- Ground Pepper
- Smoked Paprika

### Your Pantry

- Olive Oil

### Allergens


Celery (Stock Cube - may also contain traces of Egg, Soya & Mustard)

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 & marinade the pork chop**

Mix the spices with a little bit of olive oil and rub this on the pork chop. Set it aside to marinade.

### 2) **Make the stock**

Dissolve the stock cube in 500 ml of boiling water and aside 100ml per person.

### 3) **Prepare the onion & garlic**

Remove the outer layer from the onion and slice it thinly. Peel and crush the garlic.

### 4) **Cook the rice**

In a pot, fry the onion and the garlic until tender. Add the rice and the stock. Bring the rice to a boil. Then reduce to a simmer and place a lid on the pot. It should take about 15-20 minutes to cook.

### 5) **Sear the pork chop**

Add a little oil to a hot pan and sear the pork chop on both sides. Then place it in the oven for 6-8 minutes (Keep the pan for the vegetables later).

### 6) **Prepare the fruit & vegetables**

Chop the base off the pak choi. Remove the core from the apple and slice thinly.

### 7) **Cook the vegetables**

Add the pak choi and apple to the same pan used for the pork and cook for 3 minutes.

### 8) **Plate the dish**

Serve the pork chop on top of the pak choi and apple with the rice on the side.



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