

# PORK STIFATHO

**Time: 30 minutes**

**Serves: 4**

### Ingredients:

2 teaspoons extra-virgin olive oil  
4 bone-in pork chops  
 $\frac{3}{4}$  teaspoon kosher salt  
 $\frac{1}{2}$  teaspoon fresh ground black pepper  
2 onions – halved and sliced  
6 cloves garlic - very finely chopped or crushed  
3 large tomatoes – diced  
2 stalks celery – sliced  
2 teaspoons fresh oregano – finely chopped  
 $\frac{1}{2}$  teaspoon orange zest  
 $\frac{1}{2}$  teaspoon cinnamon  
 $\frac{1}{8}$  teaspoon ground cloves  
2 tablespoons parsley

### Preparation:

Place a large, deep pan on high heat and add the oil.

Season both sides of the pork chops with a half teaspoon of salt and quarter teaspoon of pepper.

Cook the chops for two minutes on each side then add all remaining ingredients except parsley. Once the mixture reaches a boil, reduce the heat to medium and simmer for twelve minutes.

Plate the chops along with the vegetable mixture and garnish with the parsley.

### Nutritional Information Per Serving:

Calories: 262  
Fat: 15g  
Carbs: 11g  
Fibre: 2g  
Protein: 21g