



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

HOT CHOPS

Time: 40 minutes

Serves: 4

Ingredients:

1 tablespoon extra-virgin olive oil
1 pound bone-in pork chops
 $\frac{3}{4}$ teaspoon kosher salt
 $\frac{1}{4}$ teaspoon fresh ground black pepper
1 large yellow onion – halved and thinly sliced
2 cups diced tomato with juice
2 teaspoons fresh basil – finely chopped
2 teaspoons fresh oregano – finely chopped
2 teaspoons flat-leaf parsley – finely chopped
 $\frac{1}{2}$ teaspoon crushed red chillies

Preparation:

Heat the oil in a heavy pan over medium heat.

Season both sides of the pork chops with $\frac{1}{2}$ teaspoon of the salt and the pepper then place them in the pan. Cook for three minutes, then turn over and cook for another three minutes. Remove the chops from the pan and tent with foil to stay warm.

Place the onion in the pan and cook, stirring occasionally for five minutes.

Add the remaining ingredients including the $\frac{1}{4}$ teaspoon of salt and simmer partially covered, stirring occasionally for twelve minutes.

Return the pork chops to the pan to warm for a minute or two, then plate them topped with the tomato/onion mixture.

Nutritional Information Per Serving:

Calories: 248
Fat: 13g
Carbs: 7g
Fibre: 2g
Protein: 25g