



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

SMOTHERED PIG

Time: 40 minutes

Serves: 4

Ingredients:

2 tablespoons butter
1 pound bone-in pork chops
1 teaspoon Cajun seasoning
1 onion – sliced
1 pound mushrooms – sliced
2 cloves garlic - very finely chopped or crushed
2 cups chicken stock
1 tablespoon Louisiana-style hot sauce
¼ teaspoon xanthan gum
2 tablespoons parsley – finely chopped

Preparation:

Place a frying pan on medium-high heat and add the butter.

Season both sides of the chops with the Cajun seasoning and place them in the frying pan. Cook for three minutes on each side, then remove from the pan and keep warm.

Add the onion, mushrooms and garlic to the pan, stirring occasionally for ten minutes.

Stir the stock and hot sauce into the mushroom mixture and bring to a boil. Reduce the heat and simmer for twenty minutes.

Sprinkle the xanthan gum into the mixture (a salt shaker is great for this) and stir to combine.

Add the pork chops back to the pan, covering with the mushrooms and let warm for three minutes.

Remove the pan from heat and plate the chops, covered with the sauce and mushroom mixture. Garnish with the parsley and serve immediately.

Nutritional Information Per Serving:

Calories: 220
Fat: 9g
Carbs: 7g
Fibre: 2g
Protein: 29g