



Pork chops with sweet potatoes and pears

15'
Hands on

40'
Cook Time

4
Portion(s)

1
Difficulty



Ingredients

- 4 tablespoon(s) olive oil, + extra for the baking pan
- 600 g pork steaks, (about 4)
- 1 tablespoon(s) thyme, dried
- 1 tablespoon(s) mint, dried
- 1 tablespoon(s) tarragon, dried
- 2 pears, cut into 4
- 5 clove(s) of garlic
- 1 sweet potato, peeled and cut into 1 cm cubes
- salt
- pepper

Διατροφικός πίνακας

Nutrition information per portion

583 Calories (kcal)	40.0 Total Fat (g)	11.0 Saturated Fat (g)	23.0 Total Carbs (g)
29%	57%	55%	9%
12.0 Sugars (g)	31.0 Protein (g)	3.8 Fibre (g)	0.86 Sodium (g)
13%	62%	15%	14%

Method

- Preheat the oven to 170°C (340°F) set to fan.
- Grease a 30x40 cm [baking pan](#) with olive oil.
- Mix all of the ingredients in a large [bowl](#) and spread them evenly into the baking pan.
- Cook in the preheated oven for 40 minutes.

Tip

If you want, you can add 1-2 potatoes to the recipe or even replace the sweet potatoes with them.