



Pork chops with sweet potatoes and pears

15'

Hands on

40'

Cook Time

4

Portion(s)

1

Difficulty



Ingredients

- 4 tablespoons olive oil + extra for the baking pan
- 600 g pork chops (about 4)
- 1 tablespoon thyme, dried
- 1 tablespoon mint, dried
- 1 tablespoon tarragon, dried
- 2 pears, washed (not peeled), cut into 4
- 5 cloves of garlic
- 1 sweet potato, peeled and cut into 1 cm cubes
- salt
- pepper

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.

Διατροφικός πίνακας

Nutrition information per portion

465 Calories (kcal)	27.0 Total Fat (g)	8.8 Saturated Fat (g)	22.0 Total Carbs (g)
23%	39%	44%	8%
12.0 Sugars (g)	31.0 Protein (g)	3.6 Fibre (g)	0.85 Sodium (g)
13%	62%	14%	14%