



Greek oregano pork chops

20'

Hands on

40'

Cook Time

4

Portion(s)

1

Difficulty



Ingredients

For potatoes

- 1 ½ kilos baby potatoes, boiled
- 2-3 tablespoons olive oil
- rosemary
- sage
- 2 cloves of garlic
- salt
- pepper
- 1 tablespoon butter
- grated zest of 1 lemon
- juice from 1 lemon
- 100 g water
- 1 tablespoon dry oregano

For pork chops

- 4 pork chops, neck, without bones
- salt
- pepper
- 50 g olive oil
- 2 tablespoons dry oregano
- rosemary
- sage
- 1 clove of garlic
- 1 tablespoon butter
- 40 g breadcrumbs
- 120 g blanched almonds
- 80 g mustard
- juice from 1 lemon

To serve

- fresh sage
- lemon wedges

Method

For the potatoes

- Place a [pan](#) over heat and let it get very hot.
- Add the olive oil and the boiled baby potatoes cut into pieces. Sauté for 3-4 minutes, until golden.
- Add the rosemary and sage finely chopped, minced garlic, salt, pepper, butter, mustard, lemon zest, lemon juice and water. Mix.
- Transfer the potatoes to a [28x36 cm baking pan](#) and sprinkle with dry oregano.

For the pork chops

- Preheat oven to 180° C (350° F) Fan.
- Place a [pan](#) over heat and let it get very hot. Add the pork chops, pepper, salt and olive oil. Spread the mixture over the pork chops with your hands, to coat.
- Place them in the hot pan and sauté until golden.
- Add the dry oregano, rosemary, sage and garlic clove. Turn them over and add the butter. Sauté until golden and ready.
- Place the pork chops over the potatoes in the pan and add the remaining melted butter over them.
- In a blender, add the breadcrumbs, blanched almonds and any leftover melted butter from the pan.
- Beat until all of the ingredients are completely combined. Add the olive oil and continue to beat until incorporated.
- Brush the pork chops with some mustard and sprinkle with some lemon juice.
- Cover with the breadcrumb-almond coating and bake for 30-40 minutes.

To serve

- In a serving plate, add the potatoes and pork chops. Top with fresh sage and lemon wedges. Serve warm.

Διατροφικός πίνακας

Nutrition information per 100 gr.

206 Calories (kcal)	12.0 Total Fat (g)	2.6 Saturated Fat (g)	13.0 Total Carbs (g)
10%	17%	13%	5%

1.4 Sugars (g)	10.0 Protein (g)	1.8 Fibre (g)	0.61 Sodium (g)
2%	20%	7%	10%