



# Stuffed Pork Chops with Prosciutto and Brie

**20 minutes**

Hands on

**2**

Portion(s)

**1**

Difficulty



## Method

For the pork chops

- Preheat oven to 200\* C (390\* F) Fan.
- Using a sharp knife, cut open the pork chops horizontally along the fat on the side to create a pocket.
- Season the pockets with salt and pepper and fill each pork chop with half of the cheese and half of the prosciutto.
- Place a nonstick pan over high heat and let it get very hot.
- Add 1 tablespoon of olive oil and sear the pork chops for 2 minutes on each side to brown.
- Transfer to a baking pan and roast for 5 minutes in the oven.

For the potatoes

- Boil the potatoes and peel off their skin. Lightly mash them with a fork while they are still hot. You want to have large pieces of potatoes so don't mash them up too much.
- Transfer to a bowl.
- Finely chop the rosemary and thyme leaves and add them to the bowl along with the remaining ingredients.
- Toss well and serve next to stuffed pork chops.

## Ingredients

For pork chops

- 2 large pork chops with bone
- salt
- pepper
- 100 g brie cheese, cut into thick slices
- 4 slices of prosciutto
- 1 tablespoon olive oil

For potatoes

- 3 medium sized potatoes, boiled
- 10 sprigs thyme, only the leaves
- 2 sprigs rosemary, only the leaves
- 2 tablespoons butter
- grated zest of 1 lemon
- salt
- pepper

## Διατροφικός πίνακας

Nutrition information per 100 gr.

161 Calories (kcal)	8.7 Total Fat (g)	4.4 Saturated Fat (g)	6.1 Total Carbs (g)
8%	12%	22%	2%
0.36 Sugars (g)	14.2 Protein (g)	0.6 Fibre (g)	0.54 Sodium (g)
0%	28%	2%	9%