

MAIN

Pork Chops with Buttery Bacon Cabbage

6g
CARBS
PER SERVING

Proper comfort food. The cabbage will surprise you.

Serves 2

Prep 5 min

Cook 20 min

Pork chops and the cabbage.

You'll need

- ☐ 2 pork chops
- ☐ Half a savoy cabbage (about 250g), shredded
- ☐ 3 rashers of bacon, chopped
- ☐ 20g butter
- ☐ 1 tbsp olive oil
- ☐ Salt and pepper, to taste

Method

- 1 Snip the fat on the edge of each chop every few centimetres so they don't curl up. Season both sides.
- 2 Heat the oil in a frying pan on a medium-high heat. Cook the chops for 5 to 6 minutes each side until golden.
- 3 Check they're cooked through (see Food safety below). Put them on a plate and cover with foil.
- 4 In the same pan, fry the bacon for 3 minutes until it starts to crisp.
- 5 Add the butter and cabbage, stir, and cook for 5 to 6 minutes until the cabbage is soft but still bright green.
- 6 Season and serve with the chops on top.

TIP

Thick chops need longer. Go by the Food safety check, not the clock.

SWAPS

Chicken breasts or sausages instead of pork chops. Cook them all the way through the same way.

STORING IT

Cool, cover and keep in the fridge for up to 2 days. Reheat until steaming hot all the way through, and only reheat once.

AIR FRYER

Cook the chops at 190°C for 10 to 14 minutes, turning halfway, until cooked through. Do the bacon and cabbage in a pan while they cook.

FOOD SAFETY

Pork must be cooked all the way through, like chicken. Cut into the thickest part: steaming hot, no pink, juices clear. With a food thermometer, the middle should reach 75°C.