



Pork with Apples

Serves 4 EASY



Ingredients

- 2 tbs Simply Shake Special Blend for Pork
- 4 x 175 g (6 oz) pork chops
- 1 tbs oil
- 12 apple pieces
- 1 packet Mix for Classic Roast Pork & Sage Gravy
- 450 g (1 lb) baby carrots
- 450 g (1 lb) mashed potatoes
- 2 tbs Parsley Flat Leaf
- sea salt and black pepper

Method

STEP 1

Pre-heat the grill to a medium setting. Sprinkle the seasoning over the pork chops and then brush with the oil.

STEP 2

Grill the chops for 10 minutes, turning once.

STEP 3

Arrange 3 apple slices over each chop and grill for a further 10 minutes.

STEP 4

Meanwhile, prepare the gravy and leave to simmer. Boil the carrots and

stir the parsley into the potatoes. Season and serve