

Pork loin chop on root vegetable rösti

Tasty root vegetable rösti is bang in season and easy to make. You can enjoy it with almost any red meat, chicken or fish, but with pork always cheap in February, we've gone for a good old traditional loin chop.

Serves: 2

Nutrition per serving:

271 kcal, 36g protein, 13g carbs, 8g fat, 5g fibre

Ingredients:

- 1 small white onion
- 100g swede
- 100g carrot
- 1 egg, beaten
- 50ml vegetable stock/savoury broth
- 1 tsp cumin seeds
- 2 large pork chops, trimmed (approx. 120g each)
- 160g broccoli
- 80g mangetout

Method:

1. To make the rösti, peel and grate the onion, swede and carrot into a bowl, add the egg and mix well. Divide into four, shape into patties and chill in the fridge for 30 mins.
2. Cook the röstis in a non-stick frying pan over a gentle heat for 10-15 mins on each side, until browned, then remove from the pan and keep warm.
3. Heat the stock/broth in the pan and, when it's bubbling, add the cumin seeds and place the chops on top. Cook for 10-15 mins, turning once, until cooked through.
4. Meanwhile, steam the broccoli and mangetout until just tender, then serve with the röstis and chops, with any pan juices poured over the veg..

Tip:

- When you add the cumin seeds to the hot pan, take care as they can spit.

