

Pork Chops with Thyme and Mushroom Sauce

Calories: 29 kcal

Servings: 2

Time: 30 Mins

Ingredients

- 70.00 g Button Mushrooms
- 15.00 ml Cream
- 5.00 g Dijon Mustard
- 80.00 g Green Capsicum
- 15.00 ml Lemon Juice
- 10.00 g Parsley (fresh)
- 240.00 g Pork (Chops)
- 2.00 g Salt and Pepper (to season)
- 120.00 g Snow Peas
- 20.00 g Spring Onion (sliced)
- 1.00 tbsp Thyme (fresh, chopped)
- 1.00 whole Ultra Lite Chicken Sachet
- 1.00 cup Water (boiled)

Instructions

1. Add 1 tsp of oil to frying pan and fry chops 2 minutes either side, remove and place onto oven tray and bake further 10 minutes.
2. Return pan to heat add chicken sachet with hot water, stir until boiling. Add spring onions, mushrooms, thyme, capsicum and mustard and cook until tender.
3. Remove from heat, add lemon juice, cream, parsley, salt and pepper then stir.
4. Steam snow peas until just tender.
5. Place chops on plate and serve with sauce and steamed snow peas.