



Pork with Caramelised Pear and Parsnips

Ingredients

800g pork chops, trimmed
1 tbsp olive oil
Sea salt and cracked black pepper
2 firm pears, chopped
2 parsnips, peeled and chopped
1 lemon, halved
60g butter, melted
1 tbsp brown sugar

Method

Preheat oven to 200°C. Heat a large non-stick frying pan over high heat. Brush the pork with oil, sprinkle with salt and pepper and cook for 1-2 minutes each side or until browned. Place the pear, parsnip, lemon, butter and sugar in a baking dish and toss until well combined. Top with the pork and roast for 25 minutes or until the pork is cooked through and the parsnip and pear are caramelised.
Serves 4.

So sweet. So fresh. So tasty!

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