



Mustard chops & chips



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



457 kcal

SIDE DISH

Ingredients

- ☐ 700 g floury potato dry cut into thin chips, patted
- ☐ 2 tbsp olive oil
- ☐ 0.5 tsp fennel seed crushed
- ☐ 0.5 tsp paprika smoked
- ☐ 280 g pack green bean
- ☐ 2 tsp citrus champagne vinegar
- ☐ 1 shallots finely chopped
- ☐ 1 tsp sugar

- ☐ 1 tbsp dijon mustard
- ☐ 1 large fennel bulb halved very thinly sliced
- ☐ 4 pork chops

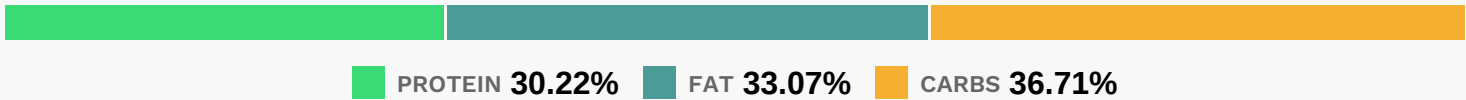
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Toss the potatoes with 1 tbsp oil and some seasoning in a baking tray.
- ☐ Spread out in a single layer and bake for 20 mins.
- ☐ Add the fennel seeds and paprika, turn potatoes and bake for 20 mins more until golden.
- ☐ Meanwhile, cook the green beans in boiling water for 5–6 mins. Run under cold water and drain well.
- ☐ Mix 1 tbsp more oil, the vinegar, shallot, sugar, 1 tsp mustard and some seasoning. Toss the fennel and green beans in the dressing.
- ☐ Rub the remaining oil on the chops and season. Pan-fry for about 7 mins on each side until cooked through. Make sure to brown fat on the edge, too. Smear with remaining mustard and rest for a few mins.
- ☐ Serve with the chips and bean salad, drizzling over the mustardy resting juices.

Nutrition Facts



Properties

Glycemic Index:80.46, Glycemic Load:25.87, Inflammation Score:-8, Nutrition Score:33.683043946391%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 457.04kcal (22.85%), Fat: 16.93g (26.05%), Saturated Fat: 4.4g (27.5%), Carbohydrates: 42.29g (14.1%), Net Carbohydrates: 34.19g (12.43%), Sugar: 7.56g (8.41%), Cholesterol: 89.78mg (29.93%), Sodium: 152.18mg (6.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.81g (69.62%), Vitamin B6: 1.65mg (82.3%), Vitamin B1: 1.11mg (73.98%), Vitamin K: 74.68µg (71.13%), Vitamin B3: 13.51mg (67.55%), Selenium: 47.08µg (67.26%), Vitamin C: 50.62mg (61.35%), Potassium: 1663.96mg (47.54%), Phosphorus: 468.44mg (46.84%), Fiber: 8.1g (32.41%), Manganese: 0.6mg (29.77%), Magnesium: 107.15mg (26.79%), Vitamin B2: 0.4mg (23.72%), Zinc: 2.94mg (19.6%), Iron: 3.47mg (19.27%), Vitamin B5: 1.82mg (18.21%), Copper: 0.36mg (18.2%), Folate: 69.4µg (17.35%), Vitamin A: 696.64IU (13.93%), Vitamin E: 1.91mg (12.76%), Vitamin B12: 0.71µg (11.84%), Calcium: 93.41mg (9.34%), Vitamin D: 0.54µg (3.57%)