



LIFELINE RECIPES



October 2022



PORK & PARSNIP TRAYBAKE

PREPERATION TIME:

10 mins

COOKING TIME:

40 mins

SERVES:

4

INGREDIENTS

4 large parsnips (about 500g/1lb 3oz), peeled and cut lengthways into 6

2 red onions , each cut into 8 wedges through the root

2 ½ tbsp olive oil

1 ½ tbsp wholegrain mustard

4 pork chops , fat trimmed

1 ½ tbsp clear honey

small handful sage leaves

Sear pork chops, then oven-roast with red onions and root vegetables for an easy weeknight dinner.

METHOD

Heat oven to 220C/200C fan/gas 7. Put the vegetables in a roasting tin, season and toss with 2 tbsp oil and 1 tbsp mustard. Roast for 20 mins. Meanwhile, place a frying pan over a high heat. Season the pork chops and rub with the remaining oil. Fry the chops for 30 secs-1 min each side until just browned – turn on their sides to brown any fat.

Stir the veg, then place the chops on top and rub them with the remaining mustard. Roast for a further 15 mins. Drizzle with honey and scatter over the sage, then return to the oven for 5 mins or until the pork is cooked through.

Serve with the juices from the tin.