

Oven Baked Pork Chops with Potatoes

Prep time

10 mins

Cook time

30 mins

Total time

40 mins

Made with ingredients you probably already have in your pantry, these pork chops are slathered in a country-style sauce then baked until sticky and golden. Add potatoes or any other vegetable that will bake in around the same time! This recipe is fabulous as it is but lends itself to many variations so add your own touch! MARINATING IS OPTIONAL. This is also great with CHICKEN.

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Recipe type: Dinner

Serves: 4



Ingredients

Rub

- 1 tsp Worcestershire Sauce
- 2 tbsp ketchup (1)
- 1 tbsp soy sauce, all purpose (2)
- 2 tbsp brown sugar (or white)
- 1 tbsp olive oil (or vegetable or canola oil)
- 1 garlic clove, minced
- 1 tsp apple cider vinegar (3)

Chops

- 4 pork chops / cutlets, around 200g/7oz each including bone (4)
- 800g / 1.6 lb baby potatoes, larger ones cut in half (5)
- 1 tbsp olive oil

Instructions

1. Preheat oven to 200C / 390F (fan forced / convection) or 220C / 430F (standard oven).
2. Toss potatoes in oil, sprinkle with salt and pepper. Scatter on baking tray.
3. Place in oven for 15 minutes (giving them a head start).

Pork

1. Meanwhile, mix the Rub ingredients together in a small bowl.
2. Slather the pork on both sides with the Rub, reserving some Rub for basting. (See notes for marinating)
3. Take the tray out of the oven. Place pork on the tray.
4. Bake for 15 minutes. Remove tray from oven, slather some reserved rub on the surface then bake for a further 10 - 15 minutes (Note 4) until pork is cooked and golden. If necessary, switch to grill/broiler on highest heat at the end and grill for a few minutes until pork is caramelised and golden - I usually do this.
5. Serve, scraping the juices on the tray onto the pork, then garnish with parsley if desired. Pictured with this [Broccoli Salad](#).

Notes

1. If you are in Australia or the UK, you can use Tomato Sauce (American readers - don't use what you know as Tomato Sauce, use Ketchup!).
 2. This can be substituted with 2½ tsp light soy sauce. I don't recommend dark soy sauce - flavour is too strong.
 3. Can be substituted with white wine or sherry vinegar.
 4. This can be made with any pork chops. I use what we call Pork Cutlets here in Australia. Bone in is better because it's juicier. Cook time will differ depending on size of cutlets - my cook time is based on 200g/7oz pork chops with bone in.
- You could also use chicken - bake for same time for 180g/6oz boneless thigh fillets and for 200g/7oz breast. I would recommend marinating breast.
5. Make sure the potatoes are no larger than 3cm / 2¼" diameter otherwise they won't cook in the prescribed time. You can either increase the initial bake time OR cut the larger ones which is what I did.
 6. If marinating, place in a ziplock bag, add the pork and massage from the outside to coat the pork in the Rub.

Refrigerate for up to 24 hours. If freezing, put the bag straight in the freezer, then defrost before using. It will marinate while defrosting.

7. Nutrition per serving including potatoes, assuming this is made with trimmed pork cutlets as pictured.

Nutrition Information

Serving size: 319g Calories: 555 calories Fat: 33.3g Saturated fat: 10.8g Unsaturated fat: 22.5g Trans fat: 0g
Carbohydrates: 36.6g Sugar: 8.6g Sodium: 409mg Fiber: 4.6g Protein: 27.2g Cholesterol: 90mg

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