

## Pork Chops with Sweet Potato Mash & Mustard Sauce

**Performance benefits:** it is high in protein and the essential amino acids that are required for tissue growth and repair. It also provides high sources of magnesium and zinc, which are vital for energy production, and muscle resynthesis and adaptation. This makes it ideal to consume on training days that have heavily stressed and fatigued your muscles i.e. after heavy weights, land-work, and circuits.

**Serves:** 4  
**Preparation time:** 15 minutes  
**Cooking time:** 20 minutes  
**Allergy Information:** Contains dairy



### Nutrient content per serving;

<b>Energy:</b>	<b>571 kcal</b>	<b>MEDIUM ENERGY MEAL - Eat during moderate volume/intensity training phases</b>
<b>Protein:</b>	56 g	( <sup>P</sup> = indicates main source in recipe)
<b>Carbohydrate:</b>	44 g	( <sup>C</sup> = main source main source in recipe)
<b>Fat:</b>	21 g	( <sup>F</sup> = main source main source in recipe)

### You will need;

- 4 x pork chops with bone (remove fat)<sup>P,F</sup>
- 500g sweet potatoes, peeled and sliced<sup>C</sup>
- 15g margarine
- 650ml Appletiser Lightly Sparkling Apple Juice
- 1 tablespoon Dijon mustard, or 3 teaspoons English mustard
- 2 tablespoons Fromage frais
- Rosemary sprigs
- Freshly ground black pepper

### Method;

1. Preheat the grill to a moderate heat.
2. Place the pork chops on the grill pan and cook for 20 minutes, turning every 3-4 minutes.
3. In the meantime cook the sweet potatoes for 12-15 minutes, or until tender. Drain and mash with the margarine and freshly ground black pepper. Put to one side to keep warm.
4. Meanwhile, place the Appletiser and mustard in a small saucepan, bring to the boil and reduce by half. Then add the Fromage Frais.
5. Serve the chops on a bed of sweet potato mash with the mustard sauce spooned over and finish with sprigs of rosemary and serve. Done.