

Pork Bake

INGREDIENTS

6 Tomatoes (diced)
1 Onion (diced)
3 Garlic cloves (diced)
2 - 4 Pork chops
(depending on size)
1 Green pepper (sliced)
1 Cup Grated cheese
Salt and pepper - to taste
Italian herbs - to taste

Optional

3 Tsp Xylitol



METHOD

Tomato stew

In a saucepan, heat coconut oil and add diced tomatoes, onion, and garlic. Season with salt, pepper and Italian herb for about 10 minutes. Covered and slowly simmered for 30 minutes until the tomato stew was thick. You can add xylitol (or your choice of sweetner) to the stew if it is too acidic.

Portioned the chops into smaller "chops", and pounded them until about 0.5 cm thickness. Seasoned the "chops" with salt, pepper and Italian herbs and add some green pepper slices before you roll them. Secured each roll with a toothpick at the bottom.

Using an ovenproof dish layer some of the tomato stew at the bottom and place the pork rolls on top. Covered the rolls with tomato stew and grated cheese. Baked for 25 minutes at 160C.



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