**Fennel-crusted Pork Chops with Apple, Braised Peas and Lettuce**

**Serves 2**

Leftover lettuce can be a bit unappealing, but I’ve got a recipe here that turns it into a delicious advantage! I use lettuce leaves to soak up the gorgeous juices from my roast pork – it’s a total game-changer.

Preparation time: 5 minutes

Cooking time: 20 minutes

**INGREDIENTS**

**For the Pork and Apple**

2 apples, sliced

2 tablespoons olive oil

4 pork chops, bone in

1 tablespoon fennel seeds

Sea salt and pepper to taste

6 sage leaves

1 sprig thyme

100g pomegranate seeds, to serve

**For the Braised Peas and Lettuce**

1 butter lettuce, broken into individual leaves (or any available leftover lettuce)

100g frozen peas

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**METHOD**

**Perfect for this is: Le Creuset 3-Ply Stainless Steel 26cm Square Roaster**

Preheat the oven to 220°C/ Gas Mark 7

1. Cut the apples lengthways into ½cm slices and spread them out in the roaster. Cover with 1 tablespoon of the oil.
2. Rub the pork chops in the remaining oil, fennel seeds and salt and pepper. Heat a non-stick frying pan on a medium heat and brown the chops either side for 30 seconds, reserve the pan with cooking juices for later.
3. Place the chops on the bed of apple slices and top with the thyme and sage leaves. Roast in the oven for 15 minutes until the chops are cooked to your liking.
4. Give the meat a moment to rest out of the oven while you cook the peas and lettuce. In the frying pan used to brown the chops, add 2 tablespoons of water and bring to a simmer. Add the peas and cook for 2 minutes before adding the lettuce and seasoning. Braise in the liquid for a further 2 minutes.
5. Serve alongside the pork and apple.

**Cook’s Notes**

* I love to scatter pomegranate jewels on the top too – they make every dish look beautiful!

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