

Pork chops with sweet potato wedges and courgettes

Given ingredients:-

Oil
Oats
Seeds
Maple syrup

Added ingredients :-

Pork chops
sweet potatoes
5 spice powder
courgettes
butter
salt and pepper

Crush the seeds in a grinder (I used sunflower and pumpkin seeds)
Lay the oats and seeds and salt and pepper on a board .

Oil the pork chops and press into the mixture on the board.

Scrub the sweet potatoes and cut into wedges. Coat with oil and five spice powder. Lay on a baking tray and pour over the maple syrup. (However much you want to use)

Cut the courgettes into batons and put in frying pan with butter to cook slowly.

Heat the oven to 180C and cook and potatoes.
Fry the pork chops.

You could use lamb chops, chicken or even fish I should think.