

Pork Chops Lyonnaise



Serves 4 Prep 10 mins

Cooking 50 mins

Easy

Ingredients

1 tbsp olive oil
4 good quality pork chops (200g each), bone in
40g unsalted butter
2 medium onions, finely chopped
1½ tbsp Dijon mustard
6 thyme sprigs, leaves picked
50 coarse white breadcrumbs

1. Heat the oven to 210C/ 190C Fan/ Gas 7. Heat the oil in a frying pan and brown the chops all over. It's important to brown the fat as well as the meat, so prop the chops up in the pan on their fatty bit, so they get coloured too. You're not cooking the chops all the way through. Transfer them to a shallow ovenproof dish in which they fit snugly in a single layer.
2. Heat the butter in the pan and sauté the onions over a low heat until they're really soft and pale gold. This will take about 15 mins. Stir the mustard and the thyme into the onions.
3. Spread the onion mixture thickly over each chop and press the breadcrumbs on top. Put in the oven for 20 mins, or until the tops are golden brown and the pork is cooked through.