



## Lemony tray-roast pork

Turn pork medallions into something extra special!



Serves: 4

Prep. time:

Cook time: **Ready in about 30 minutes**

Total time: **30-60 Minutes**

**Syns per serving:**

Green: **7½**

Original: **3½**

Extra Easy: **FREE**

## Ingredients

- 400g new potatoes, thinly sliced
- ½ butternut squash, peeled, deseeded and cut into bite-sized pieces
- Salt and freshly ground black pepper
- Low calorie oil spray (less than one calorie per spray)
- 1 unwaxed lemon, cut into slim wedges, plus a little grated zest to garnish
- 1 red onion, cut into thin wedges
- 1 small fennel bulb, thinly sliced
- 4 sprigs of fresh thyme
- 4 pork medallions, all visible fat removed (approx 110g each)
- 150ml boiling hot chicken stock

## Method

1. Preheat your oven to 220°C/200°C Fan/Gas 7. Put the potatoes and squash in a large, shallow roasting dish, season and spray with low calorie oil spray. Add the lemon wedges and roast for 10 minutes.
2. Add the onion, fennel and thyme, season again and roast for 10 minutes. Meanwhile, place a frying pan sprayed with low calorie cooking spray over a medium heat. Cook the pork for 2 minutes on each side.

3. Lay the pork on top of the veg, pour over the stock and roast for a further 6-8 minutes, or until the pork is cooked through and the veg is tender. Garnish with the lemon zest and serve.

**Tip:** If you don't like pork, have a change, wrap 4 chicken breasts in cling film and bash with a rolling pin until 1cm thick. Use in place of the pork - check that the chicken is cooked through before serving.