



Pork chops with tomato and lemon sauce

Ingredients

Olive Oil
4 pork chops
2 tbsps brown sugar
Salt & pepper
½ teaspoon mustard powder
1 tbsps lemon juice
1 can of chopped tomatoes
¼ cup water

Instructions

Preheat oven to 175 degrees C (350 degrees F). Heat olive oil in a medium frying pan over medium heat. Place pork chops in the pan and brown about 5 minutes on each side. Remove from heat.

In a small bowl, mix 2 tablespoons brown sugar, 1/2 teaspoon salt, ½ teaspoon ground black pepper, and ½ teaspoon mustard powder.

Arrange pork chops in a medium baking dish. Sprinkle with 1 tablespoon lemon juice, season with brown sugar mixture, and cover with 1 can of chopped tomatoes. Pour ¼ cup of water into the baking dish.

Cover, and bake 1 hour in the preheated oven, to an internal temperature of 70 degrees C (160 degrees F)