



# Herb Stuffed Pork Chops



## Ingredients (Serves 4)

- 4** Thick cut pork chops on the bone
- 2** Tablespoons dried fennel seeds (crushed)
- Olive Oil
- Sea Salt
- Freshly ground black pepper

## Stuffing

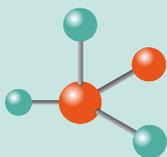
- 30** grams flax seeds
- Small bunch of parsley
- Small bunch of basil
- Small bunch of mint
- 4** Anchovy fillets
- 1** Clove of garlic
- Zest of lemon
- Pinch of sea salt
- Pinch of black pepper



## Method

- 1** Carefully cut a pocket into the fleshiest part of the pork chop
- In a food processing or blender add all the stuffing ingredients and pulse until finely chopped and mixed
- 2**
- 3** Place the mixture inside each of the chops, brushing the chops lightly with oil and seasoning evenly with fennel, salt and pepper
- 4** Heat grill or grill pan to high heat and cook for 3-4 minutes on each side, then reduce the heat to medium and cook for another 10-15 minutes
- 5** Remove from the oven and let the chops rest for 10 minutes

*A serving suggesting is with risotto and grilled tomatoes*



## Sprinkling of science

Fish, such as anchovy fillets, is a great source of protein. As well as providing calcium to the diet, much of the science behind the health benefits of fish has focused on the omega-3 fatty acid content and the old adage "fish is brain food". Consider that the human brain is to quite a large extent made of fat and requires that fat for proper functioning, hence the link between appropriate levels of the so-called good fats, omega-3 fatty acids, in areas as diverse as helping slow down cognitive decline in old age and potentially improving symptoms in autism, attention-deficit hyperactivity disorder (ADHD) and depression.