

Orange Porkchops with Fried Bananas



Ingredients

- 200g pork chops
- 125ml fresh orange juice
- 1g cumin
- 1g oregano, dried
- 2g salt
- 1g pepper
- 200g bananas (saba), cut into 3, lengthwise
- 37.5g Annum chocolate powder
- 1g cinnamon powder
- 15g brown sugar
- 1g salt
- 1g pepper
- oil for frying

Directions

1. Marinate pork chops in orange juice, cumin, oregano, salt & pepper overnight.
2. Heat up oil in pan.
3. Fry pork chops 5 minutes each side or until well done.
4. Transfer to a plate and cover. Set aside.
5. In a bowl, combine Annum chocolate powder, cinnamon, sugar, salt & pepper.
6. Coat each banana slice with the mixture.
7. Heat up oil in pan and fry bananas until caramelized. Serve with the orange pork chops.

Nutritional Value

	Per Serve	Per Adequacy
Energy (kcal)	718	32
Carbohydrates (g)	64	37
Proteins (g)	20	23
Fats (g)	42	-
Dietary Fiber (g)	2	-
Folate (mcg)	179	30

	Per Serve Per Adequacy	
Iron (mg)	6	16
Zinc (mg)	4	41
Calcium (mg)	282	35
Vitamin B12 (mcg)	1000	38
