



Herb Crusted Pork Chops with Carrots and Brussels Sprouts

Gaggenau Appliance: Convection Microwave Oven

Heating Modes: Microwave/Convection Broil

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Makes: 2 servings

In this preparation the pork chops and vegetables are first cooked in the microwave mode for 6 minutes, then the cooking mode is changed to Convection Broil for a golden brown finish. Cover the chops during the microwave cooking but be sure to remove the cover when changing the mode to Convection Broil.

2 bone-in pork loin chops approx ½" (1 cm) thick

½ tsp mesquite seasoning

½ tsp oregano

Salt and pepper to taste

3 large carrots, peeled and cut into ¼" (5mm) diagonal slices

½ lb (250 g) brussel sprouts, trimmed and cut into ¼" (5 mm) slices

Olive or avocado spray oil

2 tbsp olive or vegetable oil

Season the pork chops, place them on one side of the oven glass tray and spritz them with a little spray oil. Combine the vegetables in a bowl and toss with the oil and season with salt and pepper.

Arrange the vegetables on the other side of the tray. Cover the pork and vegetables with a microwave cover and place the tray in the oven on rack position 3, counting up from the bottom.

Select the microwave power level to 600W with the left control knob, set the timer to 6 minutes using the right control knob and touch Play to start.

When the timer has elapsed, open the door and remove the microwave cover. Change the oven mode to Convection + Broil with the left knob and set the temperature to 425F with the right knob. Touch Play and cook the chops for an additional 3 - 4 minutes or until the chops and vegetables have browned on the edge.