

Indian-Spiced Pork Chop Potato Skillet

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/singapore-indian-beef-steak-recipe>

Ingredients:

- 4 pork chops thick, – about 225g or ½ lb each
- 3 tablespoons vinegar
- 1 teaspoon sugar
- 1 teaspoon salt plus extra to taste
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons olive oil
- 2 5/16 pounds onions peeling, sliced thin
- 2 beef steak ripe, or other tomatoes, cored and chopped, about 1¼ lbs or 600g whole
- 5 medium potatoes peeled and cubed, about 1¾ lbs or 790g whole
- 1 stick cinnamon
- 3 cloves
- 3 green cardamom pods
- 1 teaspoon ground cayenne
- 1 teaspoon ground coriander
- 1/4 teaspoon turmeric
- green onions Chopped, or cilantro to garnish, if desired., optional

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 79 grams
3. Cholesterol: 75 milligrams
4. Fat: 14 grams
5. Fiber: 15 grams
6. Protein: 42 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 980 milligrams
9. Sugar: 14 grams

Thank you for visiting our website. Hope you enjoy Indian-Spiced Pork Chop Potato Skillet above. You can see more 18 singapore indian beef steak recipe Get ready to indulge! to get more great cooking ideas.