

Low-Carb Pork Chop Casserole with Broccoli



This simple Keto-meal is an apt family dish that brings together yummy pork chops & super-healthy broccoli with a drool-worthy zingy cheese sauce!

Ingredients for 2 serving (US/Metric)

- 309g / 10.9oz **Pork chop, boneless**
- 1 *cup* **Broccoli**
- 6.5 *tbsp* **Mayonnaise**
- 4.5 *tbsp* **Parmesan cheese**
- 4 *tbsp* **Sour cream**
- **Garlic powder**
- **Table salt**

Nutrition (US/Metric)

- **Protein:** 26%
- **Fat:** 71%
- **Net carbs:** 3%

Instructions

1. Set the oven for preheating at 400°F (200°C).
2. Prepare the zingy cheese sauce by mixing mayonnaise, sour cream, parmesan, garlic powder, & salt.
3. Line the oven-proof casserole (23x33cm) with parchment paper (or grease evenly).
4. Place the pork chops & broccoli at the bottom of the casserole and layer the zingy cheese sauce on top.
5. Cover and bake for 15 minutes.
6. Then, uncover and bake for 10-15 more minutes till the pork chops are cooked through and the top turns a gorgeous golden.