

Apple Orange & Ginger Pork Chops

Serves 4

Per Serving

253 Cals

7.7g Fat

Ingredients:

4 pork chops, 400g
4 tablespoons apple puree
1cm piece of root ginger, peeled & grated
juice of 2 oranges, & grated zest of 1
1 tablespoon clear honey
3 tablespoons ginger wine (optional)

Cooking instructions:

1. Preheat the grill to a moderate heat.
2. Place the pork chops on the grill pan & cook for approximately 15-18 minutes, turning half way through.
3. In the meantime place all the remaining ingredients in a saucepan. Bring to the boil & then simmer uncovered, until the sauce thickens slightly.
4. Serve spooned over the grilled chops & serve with potatoes & vegetables.