

Savoury Pork Chops

Serves: 4

Prep time: 10 minutes

Cook time: 1 hour



2 serves per portion

Ingredients

2 teaspoons olive oil
4 lean pork chops, fat trimmed
1 medium brown onion, diced
1 red capsicum, diced
8-12 cup mushrooms, sliced
2 teaspoons curry powder
1 teaspoon mustard powder
4 tablespoons plain flour
400mL vegetable stock
2 tablespoons tomato puree
1 tablespoon Worcestershire sauce
Rice OR potatoes, to serve
Steamed greens, to serve

Method

PREHEAT oven to 180°C.

HEAT a large frypan over medium heat and add oil once hot. Add pork chops and seal on all sides. Transfer to a lidded casserole dish in a single layer. Set aside.

ADD onion and capsicum to pan. Sauté until they start to soften, then add mushroom and continue to cook for another minute so they maintain slight firmness.

ADD curry powder and mustard powder to pan with vegetables, stirring and cooking for a couple of minutes until aromatic.

SPRINKLE flour into pan, stirring to combine. Gradually add hot stock, stirring constantly to give a thick sauce.

MIX in tomato puree and Worcestershire sauce.

POUR savoury vegetable sauce over chops. Cover casserole dish and bake in preheated oven for 50 minutes if chops are thin, or up to an hour if thick.

SERVE with your choice of steamed greens and potatoes or rice.



Everyday Food

Recipe courtesy of Anne Jenkins, Sandgate Branch