

Chinese pork chops

Serves: 4

Time

Preparation time 5 minutes

Marinating time 1 hour

Cooking time 8 minutes

Ingredients

- 4 pork loin chops

For the marinade

- 1 tablespoon mild chilli sauce
- 1 garlic clove, peeled and crushed
- 4 tablespoons low-salt soy sauce
- 1 tablespoon honey

To serve

- 4 tablespoons low-fat crème fraîche
- salad leaves and tomatoes
- crusty wholemeal bread
- 1 lime quartered (optional)



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Method

1. Mix the marinade ingredients together in a large bowl, add the pork chops and coat well. Cover the bowl with clingfilm and refrigerate for at least 1 hour.
2. Preheat a grill to high.
3. Cook the pork chops under a hot grill for 4 minutes each side.
4. Serve the chops with a tablespoon of low-fat crème fraîche, salad leaves, tomatoes, crusty bread and lime (optional).

Tip

This is an ideal recipe for cooking on a barbeque.