

Pineapple Pork Chops

Serves: 4

Prep time: 5 minutes

Cook time: 20 minutes



1½ serves per portion

Ingredients

4 boneless pork chops

Pinch of salt and pepper

1 tablespoon extra virgin olive oil

440g can of pineapple pieces in juice

1 tablespoon honey

2 tablespoons soy sauce

3 garlic cloves, minced

Coriander (to serve), roughly chopped

4 cups Asian greens (Chinese broccoli, bok choy or pak choy) *OR* green beans

Brown rice, cooked according to packet instructions

Method

SEASON pork chops with a pinch of salt and pepper on either side.

HEAT oil in a skillet over medium-high heat. Once hot, add the pork chops and sear until golden on one side (about 4-5 minutes).

COMBINE the canned pineapple and juices, honey, soy sauce garlic in a medium bowl.

FLIP the pork chops over and then pour the pineapple sauce into the pan.

COOK until the pork chops are cooked through and the sauce has thickened slightly, around 10 minutes. Sprinkle with coriander once finished.

MEANWHILE, steam the Asian greens in a steamer or colander over boiling water until tender, around 10 minutes.

SERVE the pork chops with brown rice and the steamed Asian greens.



Everyday Food

Recipe courtesy of the Country Kitchens team