

Less than 1 hour

Serves 6

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Ingredients:

- 6 pork loin chops
- ¼ cup (60ml) canola oil
- 2 cloves garlic, crushed
- Grated peel of 2 lemons

Dressing:

- ⅓ cup (80ml) buttermilk or amasi
 - ½ ripe avocado, cubed
 - Handful each basil, coriander and parsley
 - 2 spring onions, thinly sliced
 - 2 Tbsp (30ml) apple cider vinegar
 - 1 clove garlic, chopped
 - 2 anchovy fillets, chopped
 - 1 tsp (5ml) honey
 - ½ cup (125ml) olive oil
 - Salt and milled pepper
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- 1 bundle (120g) asparagus, blanched
 - 6 pak choi, blanched and halved
 - 3 baby green cabbages, quartered and blanched
 - 1 packet (230g) long-stem broccoli, blanched

Method:

1. Toss pork chops with oil, garlic, zest, season and marinate for 20 minutes.
2. For dressing, blitz buttermilk, avocado, herbs and spring onion together until smooth.

3. Add vinegar, garlic, anchovy and honey and blitz until smooth.
4. Add oil in a steady stream while the motor is running. Season and set aside.
5. Prepare medium coals and braai pork chops for 4-5 minutes a side or until well charred.
6. Grill vegetables on the grid for 3-4 minutes or until charred.
7. Serve vegetables with dressing and pork chops.

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