

Less than 45 minutes

Serves 4

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Ingredients:

- 2 Tbsp (30ml) melted butter
- ⅓ cup (80ml) marmalade of your choice
- 2 Tbsp (30ml) soy sauce
- Juice (30ml) of 1 lime
- 1 Tbsp (15ml) olive oil
- Salt and milled pepper
- 4 pork loin chops on the bone
- 2 oranges, cut into wedges (optional)
- 1 stalk lemongrass, halved and bruised (optional)
- 2 Thai red chillies, sliced
- 1 tsp (5ml) fennel seeds, crushed
- Sliced spring onion, for serving

Method:

1. Whisk together melted butter, marmalade, soy sauce and lime juice. Set aside.
2. Heat oil in a pan over high heat.
3. Season pork chops and brown well on both sides.
4. Add orange wedges to pan if using - these will add flavour as they caramelize.
5. Brown fat on chops well around the edges, using tongs to keep them upright.
6. Reduce heat slightly. Add marmalade mixture, lemongrass, chilli and fennel seeds to pan.
7. Simmer for 5 minutes, cooking chops further and reducing sauce until sticky.
8. Serve chops garnished with spring onion.

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