

45 minutes

Serves 4-6

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Ingredients:

Marinade:

- 3 Tbsp (45ml) olive oil or canola oil
 - 3 Tbsp (45ml) PnP crushed garlic & ginger
 - ¼ cup (60ml) soy sauce
 - ¼ cup (60ml) honey or brown sugar
 - 3 Tbsp (45ml) apple cider vinegar
 - 1-2 red chillies, deseeded and chopped
 - Juice (60ml) and grated peel of 1 lemon
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- 4-6 pork chops
 - Salt and milled pepper

Slaw:

- 2 Granny Smith apples, cut into matchsticks
- 3 spring onions, sliced
- 2 bulbs fennel, thinly sliced
- 3 Tbsp (45ml) apple cider vinegar
- ¼ -½ cup (60-125ml) tangy mayonnaise
- Handful fresh mint, chopped

Method

1. Combine marinade ingredients in a pot on medium heat.
2. Cook for about 5-8 minutes until sugar has dissolved. Cool.
3. Season pork chops, place in a dish and pour over the marinade.
4. Marinate for 10-25 minutes at room temperature.

5. Fry pork chops over medium heat, about 5-8 minutes per side.
6. Add leftover marinade to the pan and cook until sticky.
7. Combine all slaw ingredients and season.
8. Serve sticky pork chops with slaw on the side.

GOOD IDEA

Cut costs by replacing marinade with a mixture of store-bought BBQ sauce, 1-2 tsp (5-10ml) chilli flakes and juice (60ml) and grated peel of 1 lemon.

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