



Chunky Pork Chops with Sage, Garlic and Lemon

Feeds: 4

Time to cook: Marinating time 2 hours + 16 minutes

Take:

Lean thick pork chops
Garlic
Black pepper
Sage
Lemon
Olive oil
Butter
Lemon
Parmesan cheese
Sage
Baby veg for dipping

Make:

Crush together (either using a pestle & mortar, or bowl and wooden spoon)
3 cloves garlic, black pepper and 6 fresh sage leaves, roughly chopped.
Add to this 1 lemon, juice and rind and 30ml (2tbsp) olive oil

Place in a large bowl 4 lean thick pork chops and add the marinade mixture, smear all over the chops, cover and refrigerate for about 2 hours

Buttery Dip: Add to a small bowl 50g (2oz) butter, juice and rind of ½ lemon, 30ml (2tbsp) Parmesan cheese, grated and 5 fresh sage leaves. Place in the microwave for about 1 minute or until melted. Stir together.

Cook chops on a preheated grill, griddle or barbecue for 6-8 minutes per side.

Eat:

Serve with a selection of baby seasonal veg, eg, sugar snap peas, asparagus, baby sweetcorn, baby carrots, baby fennel for dipping - raw or plunged into boiling water, plus a wedge of crusty bread