

# PORK CHOP AND CHIPS WITH YUMMY PEPPER SAUCE

**Feeds:** 2  
**Time to cook:** About 16-20 mins (depending on thickness)

## Take

Lean chunky pork loin chop or steaks  
Oil

### Yummy Pepper Sauce:

Butter  
Mushrooms  
Black peppercorns  
White wine  
Low-fat soft cream cheese  
Milk



## Make

Preheat grill and cook **2 lean chunky pork chops or steaks** for 8–10 minutes each side, or cook in oven for about 30 minutes at Gas Mark 4–5, 180°C, 350°F. Once cooked remove steaks and keep warm.

Yummy Pepper Sauce: Add **small knob of butter** to pan and melt, Add **50g (2oz) mixed mushrooms**, sliced, and cook for 1-2 minutes. Add **5ml (1tsp) black peppercorns**, crushed, **30ml (2tbsp) white wine** and deglaze the pan (just cook off the juices from the bottom of the pan with the wine).

Remove from the heat and add **30ml (2tbsp) low-fat soft cream cheese** and **45ml (3tbsp) milk**. Return to heat and warm through gently stirring to make a creamy sauce for approximately 1 minute.

## Eat

Serve the steaks with oven-baked chips, crispy baked onion rings, crushed peas with lemon and sage butter.