

Pork Chops with Fruity Apricot Chutney

Feeds: 4

Time to cook: Approximately 20 minutes

Take....

Lean pork chops or steaks

Dried apricots

Red onion

Sweet chilli sauce

Mango chutney

Lemon juice

Fresh coriander



Make....

- 1 Chop **175g(6oz) dried apricots** and add to pan with **1 red onion**, thinly sliced. Add **30ml(2tbsp) sweet chilli sauce**, **15ml(1tbsp) mango chutney**, **juice of 1 lemon** and **300ml(½pt) water**. Bring to the boil and simmer for 10-15 minutes until reduced and thickened. Allow to cool and stir through **15ml(1tbsp) fresh coriander**, chopped.
- 2 Cook **4 lean, fully trimmed pork chops** under a preheated grill for 8-10 minutes per side.

Eat....

Serve the pork chops with the apricot chutney, new potatoes and a large heap of green salad.

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