

## Tikka Pork Chop

**Feeds:** 2

**Time to cook:** Approximately 15 minutes

Take...

Lean pork chops or steaks  
Tikka spice powder (or similar)  
New potatoes  
Red onion  
Baby spinach  
Tomato ketchup  
Honey  
Low-fat natural yogurt



Make...

- 1 Take **2 lean, fully trimmed pork chops** and rub over **15ml(1tbsp) tikka spice**. Cook under a preheated grill for 8-10 minutes on each side.
- 2 Meanwhile cook **250g(9oz) new potatoes**, cut in half, until soft and allow to cool slightly. Add  $\frac{1}{2}$  **red onion**, sliced, and **50g(2oz) baby spinach** and mix with **5ml(1tsp) tikka spice**, **15ml(1tbsp) tomato ketchup**, **15ml(1tbsp) honey** and **15ml(1tbsp) water**.
- 3 For a spicy yogurt dip mix together **45ml(3tbsp) low-fat natural yogurt** with **5ml(1tsp) tikka spice**.

Eat....

Serve the chops with the potato salad and spicy yogurt.

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