



Pan Fried Pork with Apple Cider Relish

Perfect for a family meal and will impress friends for a quick supper or special occasion.

INGREDIENTS

Relish:

- 3 dessert apples, peeled, cored and chopped
- 1 medium red onion, thinly sliced
- 3 tbsp Canderel granules
- 200ml low alcohol cider
- 2 tbsp cider vinegar
- 3 tsp chopped rosemary spikes

Chops:

- 4 x 140g lean pork loin chops
- Spray oil
- Salt and pepper
- 300ml low alcohol cider
- 2 tsp Canderel granules
- 1 tsp Worcestershire Sauce

BEFORE YOU BEGIN

Serves
4

Time
preparation: 20 minutes
cooking: 25 minutes

Per serving
338kcal

Difficulty level



STEP BY STEP

- 1** To make the relish
Place all the ingredients into a large pan, and slowly bring to the boil. Reduce the heat and simmer uncovered for 20-25 minutes stirring from time to time until the apples are tender and the liquid has reduced.
- 2** Meanwhile season the pork chops, and heat a large non-stick frying pan. Lightly spray one side of the chops with spray oil, then place oil side down in the hot pan to sear and brown for 2-3 minutes each side.
- 3** Pour over the cider, add the Canderel and Worcestershire sauce and simmer for 15-20 minutes until the chops are tender and the liquid has reduced to about 6 tablespoons.
- 4** Remove the chops to warm plates, spoon over the juices from the pan and top with the apple relish.
- 5** Serve with green beans and new potatoes.