



Pork Chops with persiMon® Chutney

Here's a recipe game changer: Replace the apple sauce you might typically serve with pork chops with this tasty persiMon® chutney. persiMon® and pork chops are the most dynamic of duos!

Makes 4 servings

Ingredients

1 tbsp (15 ml) olive oil
1/4 cup (60 ml) shallots, finely diced
3 tbsp (45 ml) pine nuts
2 cups (500 ml) persiMon®, peeled and diced
2 tbsp (30 ml) lemon juice
1/2 cup (125 ml) water
1 tsp (5 ml) ginger, minced
1/4 cup (60 ml) sugar
1 tsp (5 ml) ground coriander
1/2 tsp (2 ml) paprika
1/4 tsp (1 ml) red chili flakes
1/2 tsp (2 ml) salt
4 bone-in loin pork chops, cut 1-inch (2.5 cm) thick
salt and pepper to taste
1 tsp (5 ml) olive oil
1 tbsp (15 ml) fresh cilantro, chopped



Preparation

In a small saucepan, add the olive oil and sauté the shallot on medium low heat until soft and translucent. Add the pine nuts and stir till lightly toasted, 4 minutes. Add the remaining ingredients and simmer on low for 15 minutes.

Sprinkle the chops generously with salt and pepper on both sides.

Heat a large skillet to medium high and add 1 tsp (5 ml) olive oil.

Put in the pork chops and sear for 5 minutes. Turn over and brown well on the second side for a total of 10 minutes.

Add the persiMon® chutney to the skillet and sprinkle with cilantro. Place a lid on the skillet and simmer on low for 5 minutes.

Transfer the pork chops to a serving plate and top with compote.

PER SERVING: 451 calories, 23 g fat, 6 g saturated fat, 79 mg cholesterol, 678 mg sodium, 35 g carbohydrates, 4 g fibre, 25 g sugars, 30 g protein. % RDI: 6% calcium, 10% iron, 8% vitamin A, 20% vitamin C.