

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

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| 1 tbsp (15 ml) olive oil | 1 tsp (5 ml) ground coriander |
| 1/4 cup (60 ml) shallots, finely diced | 1/2 tsp (2 ml) paprika 1/4 tsp (1ml) red chili flakes |
| 3 tbsp (45 ml) pine nuts | 1/2 tsp (2 ml) salt |
| 2 cups (500 ml) persiMon®, peeled and diced | 4 bone-in loin pork chops, cut 1-inch (2.5 cm) thick |
| 2 tbsp (30 ml) lemon juice 1/2 cup (125 ml) water | salt and pepper to taste |
| 1 tsp (5 ml) ginger, minced | 1 tsp (5 ml) olive oil |
| 1/4 cup (60 ml) sugar | 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.% RDI: 4% calcium, 15% iron, 6% vitamin A, 15% vitamin C.

Source: www.persimoncanada.com

