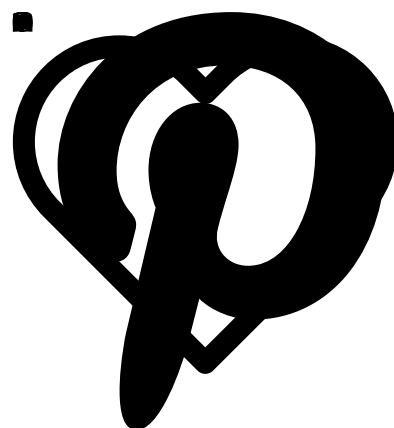
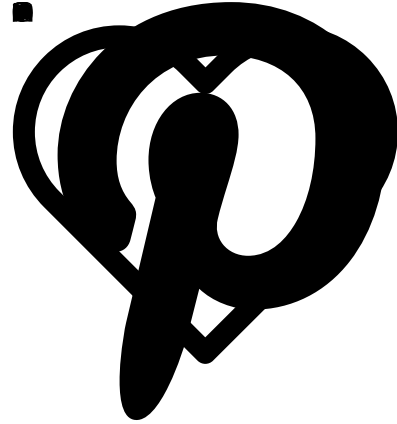




Tikka Pork Chops

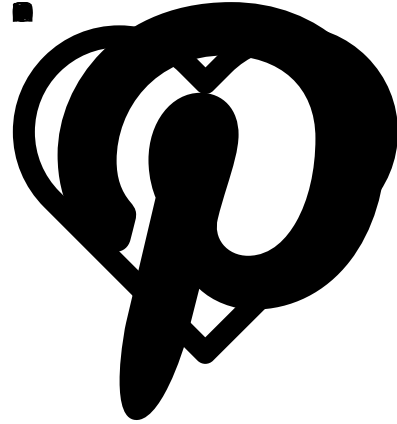


Cooking Time
15 Minutes



Cooking Skill

Easy



Serves
2 People

Ingredients

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

Method

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 ½ 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.

Serving Suggestions

Serve the chops with the potato salad and spicy yogurt.