

Pork Chops with Cranberry-Barbecue Sauce

(Makes 4 Servings)



Prep Time: 1 hour
Griddling Time: 12 min
Difficulty: medium

Ingredients:

1 tbsp canola oil
1 small white onion, finely chopped
3 cloves garlic, crushed
150 ml | 5 fl oz | 2/3 cup apple cider vinegar
1/3 cup reduced-sugar tomato ketchup
2 tbsp tomato paste
2 tbsp Dijon mustard
1 1/3 cups cranberries, washed
4 thick pork chops, on the bone, ~1" thick
2 tbsp olive oil
2 - 3 tbsp cilantro leaves, to garnish
kosher salt
freshly ground black pepper

Nutrition Facts Per Serving

Calories	627
Protein	64.9 g
Total Carbohydrate	13.1 g
Sugars	7.7 g
Total Fat	30.9 g
Saturated Fat	8.0 g
Fiber	2.6 g
Sodium	1.1 g

*Percent Daily Values are based on a 2,000 calorie diet
Your daily values maybe higher or lower depending on
your alorie needs.

Method:

1. Heat the canola oil in a heavy-based saucepan set over a medium heat. Add the onion and a pinch of salt, and sweat for about 5 minutes until softened. Add the garlic, stir well, and continue to cook for 2 more minutes, stirring frequently.
2. Add the vinegar, bring to a simmer, and then reduce to a gentle heat. Stir in the tomato ketchup, molasses, tomato paste, mustard, and cranberries.
3. Cover and simmer on low heat for about 15-20 minutes until the cranberries are soft, stirring frequently. Set aside and let cool for 10 minutes before blending in a food processor until smooth. Adjust seasoning to taste with salt and pepper.
4. Preheat a griddle pan over a moderate heat until hot. Brush the pork chops with olive oil on both sides, and season with a little salt and pepper.
5. Once the pan is very hot, lay the chops in it, away from you and spaced apart. Leave undisturbed for 5-6 minutes until lightly charred underneath.
6. Flip and brush the top of the chops with some of the barbecue sauce. Griddle for another 5-6 minutes until lightly charred underneath and firm to the touch with a slight spring.
7. Flip again and brush with more sauce before removing the chops to a plate. Cover loosely with aluminum foil and leave to rest for 10 minutes.
8. Serve after resting with a garnish of cilantro leaves and any remaining sauce on the side.