

Caraway Pork Chops



what you need

- 2 John Penny pork chops
- 1 tsp caraway seeds
- pinch salt
- 1 lemon
- 1 tbsp olive oil

Preparation time: 5 mins

Cooking time: 30 mins

Serves: 2

how to cook

- 1 Heat the oven to Gas 7, 220°C, fan 200°C, 425°F.
- 2 Crush the caraway seeds and salt together using a pestle and mortar until they make a coarse powder. Grate the lemon rind and add to the caraway seeds, then rub all over the pork chops.
- 3 Heat the oil in a griddle pan (or frying pan) and fry the pork chops for a couple of minutes on each side until just brown.
- 4 Transfer to a roasting tin, cut the lemon into wedges and add to the pan. Roast for 20-25 minutes until the pork is tender and no longer pink in the centre.
- 5 Squeeze over the juice from the roasted lemons and serve with steamed purple sprouting broccoli on the side.