

Pork with Fennel and Lemon



what you need

- 4 John Penny pork chops on the bone
- 1 teaspoon fennel seeds
- Zest and juice of ½ lemon
- 2 tablespoons olive oil
- Freshly ground black pepper
- 1 x 300g fresh onion gravy
- Olive oil mash
- Apple salad
- Parsley

Preparation time: 5 mins

Cooking time: 20 mins

Serves: 4

how to cook

- 1 Mix together the fennel seeds, lemon zest and juice, olive oil and seasoning.
- 2 Pour over the chops. Marinate for at least 30 minutes, turning once.
- 3 Cook the chops under a preheated grill for 6-10 minutes each side, depending upon thickness, brushing with the marinade. Season with black pepper.
- 4 Serve the pork chops on a bed of the olive oil mash, spoon over the onion gravy. Serve with apple salad.