

TIKKA PORK CHOPS

Served with Bombay-Spiced Sweet Potato Wedges



Time Required:
35 Minutes



Servings: 6

Cooking Level:
Easy

Ingredients:

2 old spot pork chops, fat removed

1 tbsp tikka spice powder

For the Potatoes

8 sweet potatoes, each about 125g

1 tsp sunflower oil

1 tsp cumin seeds

1/2 tsp crushed dried chillis

1 tsp ground coriander

1/4 tsp tumeric

1/2 tsp garam masala

4 tbsps low fat natural yoghurt

Vegetable oil for greasing

Steps for Cooking:

1. Preheat the oven to 190/ fan 170/ gas.
2. Cut the sweet potatoes lengthways into 4 wedges. Put in a bowl with the oil and spices and toss to coat well. Transfer to a non-stick baking tray and roast for 25 minutes, then keep warm.
3. Preheat your grill to a moderate heat.
4. Trim & discard any fat from the pork and place between 2 sheets of cling film. Lightly flatten to 1cm thick with a rolling pin. Prick all over with a fork and then rub the pork with 2tsp of the tikka spice.
5. Cook the pork chops under a preheated, moderate grill for 8-10 minutes on each side.
6. To prepare the spicy yoghurt dip, mix the yoghurt and the remaining tikka spice.
7. Serve the tikka pork chips with the Bombay-spiced sweet potato wedges and the spicy yoghurt dip.