



APPETITE & THE WILD
Cook • Fish • Hunt



by MELISSA FROHLOFF

Mango and chilli pork chops

Ingredients

- 1.5kg pork chops
- 500ml mango nectar
- 1/2 cup white vinegar
- 2 tsp cornflour
- 2 tsp soy sauce
- 2 cloves garlic, crushed
- 3 tsp fresh ginger, grated
- 2 tbsp chilli and mango sauce (Appetite 4 The Wild recipe)
- 1 tbsp hot water

Method

1. Place pork chops in vinegar in a shallow

baking tray. Top up with water to cover chops and bring to the boil. Simmer uncovered for five minutes.

2. Drain chops and rinse under cold water.

3. Return the pork chops to the shallow baking tray. Combine soy sauce, mango nectar, garlic, ginger, chilli and mango sauce and pour over the chops.

4. Cook in a moderate oven for 30 minutes, turn pork chops and bake for a further 20 minutes.

5. Mix cornflour and hot water in a small bowl. Remove chops from baking tray, stir in cornflour to thicken stock. Place chops back into pan, baste tops and cook for a further 10 minutes.

Prep time: 15 min | Cook time: 65 min | Serves 6