



# NATURES RECIPES

## Pork Chops with a Curry Custard Apple Glaze

### Ingredients

Serves 6

Cooking time: 45 minutes

- 2 medium pork chops, trimmed of fat
- Salt and freshly ground black pepper
- 30 g butter

#### Custard apple curry glaze:

- 30 g butter
- 2 teaspoons hot curry powder
- 1 teaspoon freshly grated ginger
- 60 g mango or fruit chutney
- 1 teaspoon mustard powder
- ¼ teaspoon cinnamon
- ½ cup custard apple flesh
- Juice of 1/2 lemon



### Methods

1. Melt 30g butter in a pan. Season the pork chops with salt and pepper and cook until golden all over, 3 -4 minutes each side. Remove from heat and keep warm.
2. Wipe the pan clean with paper towels. Melt 30g butter, stir in the curry powder and ginger and cook for one minute over low heat.
3. Add the chutney, mustard and cinnamon. Turn up heat to medium and simmer gently for one minute.
4. Return the chops to the pan, add the custard apple flesh and lemon juice. Season to taste.
5. Heat through for 1 -2 minutes, being careful not to overcook the custard apple.
6. Serve on a bed of wilted spinach with steamed squash.