

Pork Chops in spicy barbeque sauce



A favourite dish when you need a really substantial meal that is warming, very quick and easy to prepare.

Apart from the rice all the rest can be done in the one dish and can be cooked on the hob or in the oven. A casserole dish with lid works best. A pork chops is used here although pork steaks are also ideal. The sauce is slightly hot and spicy, and the sweetness from the sweet corn gives the rice a real lift.

If you have a container with a liquid sealable lid on board, make little extra sauce, as it is also fantastic with chicken. If using the oven, preheat to 200 degrees Celsius (gas mark 6). Preparation time 15 minutes, cooking time 40 minutes. If using a gas ovens, you often have to allow a little longer for the cooking process.

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Feeds Four

Preparation time: **10 mins**

Cooking Time: **40 mins**

- 4 large pork chops or steaks
 - Vegetable or olive oil
 - 1 large onion (chopped) 1 clove of garlic (chopped)
 - Tomato puree
 - Red or white wine vinegar
 - Worcestershire sauce
 - Honey
 - Chilli powder
 - Mustard powder or English mustard
 - 1 small tin of sweet corn
 - 2 large cups of white or brown rice
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- Place the casserole dish on the hob over a medium flame, add two tablespoons of olive or vegetable oil. When hot add your chopped onions and garlic, season with a little salt and ground pepper.
 - Sweat off the onions and garlic until slightly browned and then add the chops. Seal the chops on both sides and allow to brown slightly. Remove from the heat.
 - Add the tin of chopped peeled tomatoes with two tablespoons of tomato puree, two tablespoons of red or white wine vinegar, three tablespoons of honey and a good amount of Worcestershire sauce. Add in half a teaspoon of the chilli powder, half a teaspoon of mustard powder or English mustard, a little more salt and ground pepper to taste and give it all a good stir.
 - Return to a low heat on the hob and allow to simmer. Alternatively, place in a pre-heated oven at 200 degrees Celsius (gas mark 6) and leave to cook for 40 minutes.
 - Half fill the saucepan with water and bring to the boil, add a little oil which helps to prevent the rice grains from sticking together but don't salt the water.
 - Once the rice is nearly cooked add in the tin of sweet corn along with all the juice. This will add the sweetness to the water and to the rice.
 - Garnish the pork and rice with a few springs of flat leaf parsley.