

# GLAZED PORK CHOPS WITH ROAST POTATOES, APPLES, CHORIZO AND OLIVES

This recipe was sent to us by [www.skinnylovesfood.blogspot.com/](http://www.skinnylovesfood.blogspot.com/) who loves and uses Donegal Rapeseed Oil.  
Thanks!!!!

**Serves 2**

## Ingredients

2 free range pork chops

## Marinade

1 tsp local honey

1 tsp tamarind paste / balsamic vinegar (2 tbsp)

Zest 1 orange

1 tsp wholegrain & 1 tsp Dijon mustard

1 tsp Donegal Rapeseed Oil

3 tsp Spanish sherry vinegar

2 medium sized potatoes

100g olives

50g chorizo

1 apple

1/2 red & 1/2 green pepper

1 large red onion

4 cherry tomatoes

6 cloves garlic

2 handfuls flat leaf parsley



## Method

1. Prepare the meat marinade—combine all the ingredients in a bowl. Trim the fat off the pork chop or if you prefer score the fat and remove when the dish is ready to serve—but absolutely DO remove the fat. Spread the marinade over the pork. Set aside. (Can be left over night to marinate if you wish.)
2. Preheat oven to 200C
3. Wash the potatoes well. Don't peel if possible. Cut into half and parboil for 7 mins
4. Cut the chorizo into cubes
5. Peel and deseed the peppers. Cut into chunks
6. Leave the skin on the onions and quarter
7. Peel and crush the garlic
8. Wash (leave the skin on), remove the core and cube the apple
9. Quarter or half the tomatoes (depending on their size)
10. Cut the parboiled potatoes into smaller chunks
11. Spritz a large baking tray with Donegal Rapeseed Oil. Spread the potatoes, chorizo, red onion, peppers, garlic, apples and olives on the tray. Spritz again and bake for 15 mins.
12. After 15 mins heat a griddle pan and sear the chops. If they begin to stick deglaze the pan by splashing on a little sherry vinegar. Transfer to the oven for 10 mins.
13. Remove the pork, cover with a little foil and allow to rest for 5 mins as the roast potato and apple tray crisp up.
14. Stir the flat leaf parsley through the apple and potato tray.
15. Serve and enjoy!