



Crumbed Pork Chops



Servings: 4
Total Time: 1 hr
Cooking Time: 30 mins
Resting Time: 10 mins (to set)



INGREDIENTS

4 thick pork chops, without fat if desired
 2 large eggs
 1 tsp water
 150g dried breadcrumbs, flavoured
 2 Tbsp light olive oil or coconut oil
 2 Tbsp butter

400ml lemon & herb sauce



LCHE B For the breadcrumbs, use *Banting Buttermilk Seed Loaf** crumbed & dried in a 180°C oven for 10 mins & flavoured with 1 Tbsp dried mixed herbs & freshly ground salt & black pepper.

SERVING SUGGESTION

Serve with *Potato Mash** or *Cauli Mash**, and *Creamed Spinach**.

METHOD

In a small mixing bowl, beat the eggs together with the water.

Place the beaten eggs onto a plate.

Sprinkle the dried breadcrumbs on another plate. Coat each chop all over with egg and then breadcrumbs and place to one side for 10 mins to set.

Heat 2 Tbsp olive oil & 2 Tbsp butter in a large frying pan (an electric frying pan is better). On a medium-high heat, shallow fry the chops without turning for 7-10 mins until golden brown. Add the remaining olive oil & butter to the pan, and once melted, turn the chops over and brown the other side for a further 7-10 mins.

Transfer the chops to a serving dish and keep warm.

Still on the heat, pour the lemon & herb sauce into the pan and stir to incorporate the pan juices. Once hot, transfer the sauce to a warm gravy boat.

Serve the chops and sauce separately.

