LET'S EAT!

BBQ PORK CHOP

30 minutes

££



Allergens: none

What is it?

This dish is packed with flavour and variety to give you a taste of an indoor barbeque, something very handy to have as an alternative to an outdoor BBQ in British weather!

MAKE IT FUN!

If BBQ seasoning isn't your thing you could adapt the flavour of this dish by using a different spice mix, perhaps try a Cajun or fajita seasoning and see what you think!

What you'll need:

	For 2 people	3 people	4 people
BBQ sauce	80g	110g	140g
Pork chop	2	3	4
Rice	150g	210g	260g
Courgette	1/2	1/2	1
Sweetcorn	80g	100g	120g
Red onion	1	1	1

SEND US YOUR PHOTOS!

SCAN HERE

We love seeing families cook these recipes and making them their own! Photos also really inspire supporters of Let's Eat to keep the project going and helping more families. Please share photos of your family enjoying cooking together via our community Dropbox, then look out for your photos on our social media accounts!

THE NEIGHBOUR NETWORK CIC
Company no: 16566579

WHAT TO DO:



Step 1:

Preheat the oven to 180 degrees (gas 4). Put the BBQ sauce into a bowl and coat the pork chops. Transfer the meat onto an oven tray lined with greaseproof paper and pour any remaining sauce over the top. Add to the oven, cooking for 20-25 minutes until the juices of the meat run clear.

Step 2:

Meanwhile cut the courgette into coins. Cut the onion into large chunks. Put all the veggies onto a tray and coat with a small amount of oil, season with salt and pepper. Add to the oven 5 minutes after the pork chops and cook until the vegetables start to soften and brown.





Step 3:

Add the rice to a saucepan and cover with cold water. Bring to a boil over a high heat. Boil for around 15 minutes until the rice is fluffy and cooked (taste a little to check).

Step 4:

Boil the sweetcorn in a saucepan for around 5 minutes.
Drain the sweetcorn and cooked rice and plate up. Remove the pork chop from the oven and place on top of the rice. Pour any sauce over the top and add the roasted veggies!



DID YOU LIKE THIS MEAL? GIVE IT A RATING OUT OF 5 STARS TO HELP YOU REMEMBER YOUR FAVOURITES:

NOT FOR ME 1 2 3 4 5 LET'S MAKE IT AGAIN!