



Pork Chops with vegetable skewers  
RECIPE

# Pork Chops with vegetable skewers



**Cooking time** 25 mins  
**Preparation time** 15 mins  
**Serves** 6

Pork chops marinated in our Sweet and Sour Sauce, paired with veggie skewers. A complete braai meal that leaves more time for fireside conversation.

## Ingredients

- 45 ml oil
- 4 pork chops
- 4 baby marrows cut into chunks
- A head of cauliflower broken into florets
- 1 garlic bulb broken into cloves and peeled
- 1 packet Royco® Sweet & Spicy Apricot Cook in Sauce

## Vegetarian

No meat needed. Bulk up these veggie skewers with cubes of marinated, braaied halloumi cheese.

## Family Friendly

Older kids can help you skewer the veggies on to the sticks. Little ones can join the production line by laying out the ingredients ready to be skewered.

## Method

1. Place your vegetables & garlic in a suitable dish.
2. Place the pork chops in another.
3. Divide the Royco® Sweet & Spicy Apricot Cook in Sauce & marinate the pork chops & vegetables separately for an hour.
4. Thread the marinated baby marrow chunks, whole garlic cloves & the cauliflower florets onto bamboo skewers.
5. Drizzle the vegetable skewers with olive oil & season with salt & pepper.
6. Braai the vegetable skewers on a medium heat for 5 minutes, turning a few times. Or grill in a hot skillet or grill pan for 5 minutes, turning regularly until the vegetables are

cooked, but still crunchy.

7. At the same time, after drizzling with olive oil, braai grill the marinated pork chops for 3 minutes each side.
8. Keep basting the chops with the Royco® Sweet & Spicy Apricot Cook in Sauce.
9. Rest the pork chops for 2 minutes before serving.
10. Now place the pork chops on a serving platter & arrange the vegetable skewers around them.
11. Season with salt & pepper & garnish with fresh thyme.

## Recipe Tags

[Wet Cook In Sauce](#), [Pork](#), [Meat and Veg](#)

## Related Recipes



### [Beef Short Rib with Sweet Potato Bake](#)

Cooking time

50 mins

Preparation time

20 mins



### [Beef Stew with Soft Dumpling](#)

Cooking time

90 mins

Preparation time

30 mins



## **Mushroom Pork Bangers & Creamy Mash**

Cooking time

30 mins

Preparation time

15 mins



## **Roasted Butternut & Beetroot Salad**

Cooking time

45 mins

Preparation time

15 mins



## **Sausage And Potato Casserole**

Cooking time

25 mins

Preparation time

15 mins



## **Roasted Summer Veg with Herby Feta**

Cooking time

30 mins

Preparation time

10 mins



## **Butternut and Potato Bake**

Cooking time

50 mins

Preparation time

15 mins



## **Chicken a La King**

Cooking time

30 mins

Preparation time

15 mins



## **Sticky Chicken Wings**

Cooking time

15 mins

Preparation time

5 mins



## **Bangers & Vegetable Mash Pie**

Cooking time

45 mins

Preparation time

15 mins

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