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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