

 Preparation: 5 mins  
Marinade: 12 hrs  
Cooking: 10 mins

 Serves: 4

 Difficulty: easy

# Lemon & garlic pork chops



These lemon and garlic pork chops are proof that a simple marinade can do marvellous things. The citrus cuts through beautifully, the honey adds a gentle sweetness, and the garlic... well, let's just say your kitchen will smell amazing.

## INGREDIENTS

### For the marinade:

- 1 large lemon, juice and zest
- 6 garlic cloves, crushed
- 4 tsp runny honey
- 2 tbs olive oil

### For the chops:

- 4 thick pork chops, on the bone
- 1 tsp olive oil
- Salt and freshly ground black pepper, to taste
- Fresh parsley, to garnish

## RECIPE

1. In a shallow bowl, mix together the lemon juice and zest, crushed garlic, honey and olive oil until well combined.
2. Add the pork chops and turn to coat them thoroughly. Cover with cling film and marinate in the fridge for around 12 hours (overnight is perfect for maximum flavour).
3. When ready to cook, heat a griddle pan until hot. Scrape any excess marinade from the pork chops and keep for basting. Lightly brush the chops with olive oil.
4. Place the pork chops onto the hot griddle and cook for 4–5 minutes on each side, or until cooked through. Baste occasionally with the reserved marinade.
5. Season with salt and pepper before serving, then sprinkle with fresh parsley.

Enjoy with crisp oven potatoes and tender green beans to soak up all those golden, garlicky juices.

