



baked pork chop spaghetti

NIBBLEDISH CONTRIBUTOR

Ingredients

a handful of spaghetti, or use your favourite
grated cheddar cheese
oil, for shallow frying

Spaghetti Sauce:

oregano
basil
italian herbs
1 large yellow onion, chopped
2 garlic cloves, minced
coarse black pepper & salt

If you're using bottled tomato sauce, use your favourite with the ingredients above.
If you're starting from scratch, mix stewed cubed tomatoes, tomato puree, a toss of red wine or sherry, all the ingredients above and a bay leaf.

Pork Chop:

1 pork steak, gently flattened if it's too thick (hammer it a little with the side of your blade)
1 cup all-purpose flour
4 tbsp cajun seasoning
3 tbsp paprika or cayenne pepper
2 tbsp chilli powder
sea salt
black coarse pepper
italian herbs

Instructions

Cook your spaghetti till al dente.

Half the herbs, salt & pepper, and rub generously onto the pork. Mix the remainder with the flour and dredge your pork chop in it. Shallow fry in oil till golden brown.

Cook the tomato sauce over low heat and toss in spaghetti. Make sure there's a little bit more sauce so your noodles are nicely covered and not dry. Spoon into a oven-proof dish. Slice the pork chop and lay on top of the noodles. Sprinkle Smother with cheddar cheese, and bake quickly till cheese is gooey and brown.

Make sure you cover the surface with cheese otherwise the noodles will crisp. Bake at roughly 210 deg C for 5 - 10 minutes.