



Tikka Pork Chop with Sweet Potato Wedges

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Ingredients

For 2-4

4 pork chops
4 tbsp natural yoghurt
Juice of half a lemon
2 tsp grated ginger
2 tsp paprika
1 crushed garlic clove
Half tsp turmeric
Half tsp cumin
Dash of cayenne pepper

4 sweet potatoes, cut into long chunks
1 tsp cumin
1 tsp coriander
1 tsp oil
Dash of turmeric

2 finely grated carrots
1 finely grated cucumber

Instructions

- 1) Sit the chops in the lemon juice, cayenne pepper and a bit of salt.
- 2) Mix the yoghurt, ginger, paprika, garlic, turmeric and cumin into a large bowl. Transfer the chops into the mixture, then leave to marinate overnight if possible.
- 3) Toss the potato wedges in the cumin, coriander, turmeric and oil. Bake at 190

degrees C for about 30-40 minutes until you can stick a fork through them.

4) Meanwhile, panfry the chops over a low heat, then finish off under the grill.

5) Serve with the wedges and a delicate pile of grated carrots and cucumber.