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.