



# 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

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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.