



Mustard Pork with Orange Bulgur Wheat Salad

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Ingredients

For 2:

- 2 pork chops
- 2 tsp wholegrain mustard
- 1 tbsp honey
- 1 tbsp orange juice
- 100g bulgur wheat
- 200ml hot veggie stock
- 2 spring onions, chopped
- 1 satsuma
- 1 tbsp courgette, diced
- 1 small green pepper, chopped

Instructions

1. Mix together the mustard, honey and orange juice. Spread over the pork chops and set aside.
2. Sit the bulgur wheat in the hot stock. Cover and leave for about half an hour. Add in the chopped spring onion, courgette and green pepper and mix through.
3. Grill the chops for 4-5 minutes on each side.
4. Squeeze the juice from half the satsuma into the bulgar wheat salad. Dish up onto two plates with the chops and top with the remaining satsuma slices.