



## Orchard Lunch

NIBBLEDISH CONTRIBUTOR

### Ingredients

- Pork Chop - Potatoes - Carrots - Courgette - Mushrooms - Apple - Rosemary - Sage - Garlic - Wholegrain Mustard - Lemon Juice - Olive Oil - Butter

### Instructions

It looks complicated but I managed to do all this using only two pans. This is a wonderfully flavourful plate of food - juicy pork that goes great with apple (kind of a running theme in my recipes...) with a silky olive oil mash and some rustic, pan-grilled vegetables. I actually made a brandy-butter sauce from mirepoix, stock, brandy and the cooking juices which accompanied the dish excellently, but the sauce isn't pictured.

**\*\*The Pork\*\*** 1. Rub your pork with a mixture of crushed garlic, sage, wholegrain mustard and olive oil. Leave somewhere to marinate. 2. Heat your griddle pan, seal the pork on both sides and turn the heat down. Add some butter to the pan and soften up your mushrooms and apple slices. When almost done, lay them on top of the pork, to finish cooking. **\*\*The Olive Oil Mash\*\*** 1. Boil potatoes until you can poke them easily with a fork. 2. Drain and put them in a bowl for a while so the excess moisture can evaporate. Mash them up with a generous glug of olive oil and a little butter. Season with salt and pepper to taste. **\*\*The Carrots and Courgettes\*\*** 1. Slice them up rough and chunky. Par-boil the carrots. Bash together some garlic, rosemary, salt and chilli pepper in a pestle and mortar. Pour the mixture over your par-boiled carrots and raw courgette and mix thoroughly. 2. Griddle over a medium heat until all sides are satisfyingly golden. **\*\*Serving Tip\*\*** Use a heated, elongated spoon to curl yourself a nice bit of mash, in the same way that you would scoop ice cream. Looks lovely on the plate.