

Chinese Style Grilled Pork Chops



Ingredients: (Serves 2)

- 2-4 pieces of pork chops (sufficient for two people)
- 3 tbsp oyster sauce
- 1 tbsp of honey
- 1 tbsp of sesame oil
- 1 tsp five spice powder
- ½ tsp pepper
- ½ tsp of ginger powder
- ½ tsp of garlic powder

Method:

1. Blanch the pork chops in hot water to remove smell and impurities.
2. Mix the remaining ingredients together and pour over the chops.
(Increase the amount of oyster sauce and honey if necessary.)
3. Place in the fridge for 3 hours or overnight.
4. Sear the chops on both sides before placing in the oven.
5. Pre heat the oven to 180-200°c.
6. Grill or roast meat until cooked (about 20 minutes).
7. Serve with ingredients of your choice.

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