Pork chops with braised Asian greens

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These pork chops are sweet, juicy and a breeze to make. Other pork cuts can also be used – both pork belly and spare ribs are great in this dish but I'd encourage you to find free-range pork or buy young pork from a trusted butcher.

The beauty of this dish is the fact that it requires little attention and fills the house with wonderful aromas of Asian spices.

Ingredients (serves 4)

Caramelised pork chops

- 1 cup salt-reduced chicken stock
- 2 tbsp organic soy sauce (or tamari)
- 1⁄3 cup rice syrup
- 1 tsp Chinese five spice powder
- 4 x 150g free range pork chops (or about 1 kilo pork ribs)
- 1 sprig spring onions, sliced
- 1 red long chilli, seeds removed, sliced

Braised Greens

- 1 tbsp olive oil
- 1 leek, white part only, sliced lengthways in half
- 1 bunch boy choy, sliced lengthways in halves
- ½ cup water
- 1 tbsp apple cider or white wine vinegar
- 1 tsp sesame seeds

To serve

- Steamed rice

METHOD

Preheat oven to 180°C (160°C fan forced).

Mix together stock, soy sauce, rice syrup and five-spice powder. Pour mixture into a baking dish large enough to hold the chops. Arrange chops in the dish and sprinkle over with sliced spring onions and chilli. Cover with foil and bake for about one hour and 45 minutes, adding a cup of water about an hour in if needed, or until the **pork chops** are falling apart and tender.

To make the greens, heat oil in a medium-sized pan over medium-high heat. Add leeks and allow to caramelise on both sides before adding the bok choy. Stir fry for another minute, then add water and vinegar, cover and lower heat to low. Braise for about 25 minutes. Sprinkle with sesame seeds to serve.

Serve caramelised pork chops with braised greens and steamed rice. Garnish with extra spring onion and chilli, if you like.

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Recipe from Martyna Angell, wholesome-cook.com

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