

Coriander Pork Chops with Fennel and Nectarine Salad



Ingredients

4 pork chops, thick cut	1/4 cup white wine vinegar
2 tbsp coriander seeds	1/4 cup olive oil
1 tbsp cumin seeds	1 tbsp Dijon mustard
1/2 tbsp freshly ground black pepper	1 small garlic clove, minced
1 fennel bulb, finely sliced, fronds reserved	1/2 tsp white sugar
3 nectarines, de-stoned, thinly sliced	

Directions

Step 1 – Bring your pork chops to room temperature.

Step 2 – Preheat a small frying pan, add the coriander seeds, cumin seeds, and freshly ground black pepper and toast the spices over high heat for 1 – 2 minutes or until fragrant.

Step 3 – Remove the spices from the frying pan and blitz in a food processor until coarsely ground.

Step 4 – Coat the pork chops liberally with the spice mix.

Step 5 – Preheat the BBQ to medium – high heat (250°C). Ensure the grills are clean and ready for direct cooking. Once heated, place the chops directly onto the grill and cook for around 3 to 5 minutes, with the lid closed, turning once.

Step 6 – While the chops are cooking, mix all of the ingredients for the dressing in a small bowl or glass jar – the white wine vinegar, olive oil, Dijon mustard, garlic clove and sugar.

Step 7 – Ensure that the chops have reached an internal temperature of at least 60°C before removing them from the BBQ and allowing to rest for around 10 minutes. Arrange the fennel and nectarine slices on a platter, dress with the dressing, arrange the chops over the top and garnish with the reserved fennel fronds. Serve immediately.

