

Pan fried pork chops



This is a quick, tasty mid-week meal. Serve with fluffy mashed potatoes and seasonal buttered vegetables.

Serves 4 | Prep 5 minutes | Cook 15 minutes

Ingredients

4 Traditionally Reared Pedigree Welsh Pork (TSG)* chops

Anglesey Sea Salt / Halen Môn (PDO)^Δ

Cracked black pepper

25g butter

1 tbsp olive oil




Fresh thyme sprigs, leaves picked

150ml white wine

Method

- 01 Season the pork chops with salt and black pepper.
- 02 Heat the butter and oil in a large frying pan until the butter starts foaming.
- 03 Add the seasoned pork chops and fry on a medium high heat for 2-3 minutes on each side.
- 04 Lower the heat, add the thyme and cook for 2-3 minutes until the pork is cooked through.
- 05 Transfer the chops to a warm serving plate.
- 06 Pour the wine into the pan. Scrape the base of the pan with a wooden spoon to release the residue and bubble over a high heat until the liquid reduces in volume to a rich sauce.
- 07 Pour the sauce over the pork to serve.

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