



Pork Chops with a Sweet Orange Glaze

10'

Hands on

30 minutes'

Hands off

25'

Cook Time

4

Portion(s)

2

Difficulty



Ingredients

- 4 pork chops (bone-in) 2-3 cm thick, each
- 120 g orange juice
- 2 teaspoons soy sauce
- ¼ teaspoon bukovo chili flakes
- 1 teaspoon salt
- ¾ teaspoon black pepper
- 120 g sweet orange marmalade
- 200 g [bbq sauce](#)
- 4 slice of orange (6 mm thick)

Διατροφικός πίνακας

Nutrition information per portion

340 Calories (kcal)	6.4 Total Fat (g)	2.8 Saturated Fat (g)	31.0 Total Carbs (g)
17%	9%	14%	12%
28.0 Sugars (g)	39.0 Protein (g)	1.0 Fibre (g)	2.7 Sodium (g)
31%	78%	4%	45%

Method

Photo credit: G. Drakopoulos - Food Styling: T. Webb

- Pierce the pork chops with a fork, on both sides. Transfer to a [bowl](#) and add the orange juice, soy sauce and chili flakes. Cover and refrigerate for 30 minutes.
- Remove pork chops from marinade (discard marinade). Season with salt and pepper.
- Combine the marmalade with the [bbq sauce](#) in a bowl.
- Spread ½ the mixture on one side of the pork chops.
- Cook the pork chops on a [grill pan](#), placing the side with the marmalade spread on top, away from the flame.
- Cover the grill with its lid. Cook over medium heat for 10 minutes.
- Turn them over and spread with the remaining marmalade mixture. Cook for another 10 minutes with the lid on. Remove from grill. Set aside to cool for 5 minutes before serving.
- Cook the slices of orange on the grill over medium heat with the lid closed, for 1 minute on each side.
- [Serve](#) the pork chops along with grilled orange.