



Pork Chops with a Sweet Orange Glaze

10'
Hands on

30 minutes'
Hands off

25'
Cook Time

4
Portion(s)

2
Difficulty



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.

Ingredients

- 4 pork steaks, (bone-in) 2-3 cm thick, each
- 120 g orange juice
- 2 teaspoon(s) soy sauce
- 1/4 teaspoon(s) chili flakes
- 1 teaspoon(s) salt
- 3/4 teaspoon(s) pepper, black
- 120 g orange jam, sweet
- 200 g [BBQ sauce](#)
- 4 slices orange, 6mm 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%