



This bit of Loin cost us just over £3. We had a stir-fry the other evening and I cut these two thick Chops out of the rest of it. So Meat wise this was an ?in budget? meal. The Nuts were free, I just collect them when they fall. So all in all, not a bad gig price wise?.

Ingredients:-

2 Thick Pork Chops
2 Cloves of Garlic, minced
½ Tsp of Dried Rosemary
30g of Breadcrumbs (Gluten free for us)
30g of Hazelnuts, Roasted and ground
2 Tbsp of Olive Oil
Salt & Pepper to season
2 Tbsp of Margarine (Dairy free for us), melted

Method:-

- (1) Mix all the ingredients.
- (2) Pre-heat the oven to 180c.
- (3) Press the crust paste onto both sides of the Chops.
- (4) Place in the oven on a tray and cook for 15 to 20 minutes, depending on the thickness of the chops.

We served ours with hand cut Chips, a little salad for colour, a fried Egg and Beans. This crust was really good. When we were sorting through the left-overs this morning I chose the coating over the last bits of Meat - That never happens!