

Here we go again folks, it?s recipe mangling time! We had a little Tomato based sauce left from Thursday nights Squid adventures and a couple of slices of Edam from a monster burger in the fridge. Initially I intended to buy a couple of Pork chops. But there was a bit of Loin on discount so I butchered it. Four very thick chops for less than a pound each?.

Ingredients:-

1 Thick Pork chop per person
Bread crumbs (Gluten free in our case)
A bag of Worchester Sauce crisps, smashed up (Just go with!)
2 Eggs, beaten
Plain Flour
Tomato based sauce
Cheese slices
Mixed Herbs
Oil to fry

Method:-

(1) Mix the Bread crumbs and crisps together in a bowl.
(2) Coat the chops in Flour and then dunk in the beaten Egg.
(3) Dredge in the crumb and crisp coating.
(4) Fry the coated chops in both side over a medium heat until the coating is lightly browned.
(5) Add a layer of Tomato based sauce and then the sliced Cheese.
(6) Sprinkle with mixed Herbs and place under the grill.

(7) Grill until the Cheese has melted.

For some strange reason Asparagus is really cheap at the moment so we had a bit of a treat, with Bacon wrapped Asparagus. Vine Tomatoes for a but of colour and some chunky chips. Sorted!