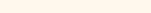




LEMON AND ROSEMARY PORK CHOP WITH APPLE, FENNEL, RED CABBAGE SLAW

This light, healthy and versatile recipe is perfect for entertaining this Easter, but also simple enough for a weeknight meal.







20 MINS



10 MINS



4 SERVES

Ingredients

- 4 pork loin chops
- 2 tsp fresh or dried rosemary
- 1 lemon, juiced and zested
- 1/4 red cabbage, shredded
- 1 medium fennel, shaved
- 1 apple, cut into matchsticks
- 1 small red onion, sliced
- lacktriangledown 1/4 cup hazelnuts, toasted and roughly chopped
- Community Co extra virgin olive oil, and extra for cooking

Instructions

- 1. In a small bowl, combine rosemary, lemon zest, season with salt and pepper and a drizzle of olive oil.
- 2. To make the salad, add the cabbage, fennel, apple, red onion, hazelnut, lemon juice and olive oil in a bowl. Season to taste and toss well.
- 3. Preheat the pan or chargrill on medium high heat and season pork with salt and pepper and a drizzle of olive oil.
- 4. When the grill is hot, place the pork chops for 3-4 minutes on each side or until cooked through. Place the pork on a plate or tray to rest and drizzle over the rosemary, lemon dressing. When ready, serve with the cabbage, fennel salad on the side.