



# Pork Chop

## Ingredients:

4 pork chops, 1-inch thick  
½ cup Dijon mustard  
1 tablespoon brown sugar  
1 teaspoon mustard powder  
1 teaspoon chopped fresh rosemary  
1 teaspoon minced garlic  
1 tablespoon olive oil  
Salt and freshly ground pepper, to taste

## Directions:

1. Preheat oven to 425°F. Season pork chops well with salt and pepper. Set aside.
2. Mix the mustard, sugar, mustard powder, rosemary, and garlic; mix well. Smear evenly over chops.
3. Heat oil in a large, heavy cast-iron skillet over medium-high. Add prepared chops and brown on both sides, 4 to 5 minutes total. Transfer skillet to oven and cook 20 to 25 minutes, until no longer pink and cooked through. Serve warm.

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