



Grilled Honey BBQ Pork Chops Recipe

Preparation Time	5
Cooking Time	18
Serving Size	4

Ingredients:

- 1 sachet DEL MONTE Quick n Easy BBQ Marinade (80ml)
- 2 Tbsp DEL MONTE Red Cane Vinegar
- 2 Tbsp honey
- 1/2 tsp pepper, black
- 500 g pork, loin/porkchop, cut into 3/4-inch thick
- 1 Tbsp oil

Preparation:

1. Mix DEL MONTE Quick n Easy Barbecue Marinade, DEL MONTE Red Cane Vinegar, honey, and pepper. Marinate the pork chops for 1 hour.
2. After marinating, drain the pork then reserve the marinade.
3. Heat an oiled grill pan, then grill the pork chops.
4. Heat the reserved marinade in a pot. Bring to a boil then simmer for 5 minutes.
5. Pour over grilled pork chops then serve.

Chef's Tip

Be sure to drain the pork thoroughly and even scrape the surface for excess marinade to avoid the sugar in the marinade from burning.

Lusog Notes

This recipe is high in protein and vitamin B1. The body needs protein for growth, maintenance and repair of body tissues. On the other hand, vitamin B1 helps the body convert food to energy.

Cooking Skills Needed

- Boiling
- Grilling
- Mixing
- Simmering
- Slicing

Cooking Tools

- Chopping Board
- Grill Pan
- Measuring Cups
- Measuring Spoon
- Pot

- Rubber Spatula