



READY TO COOK
BY HARRIS FARM

HONEY & MUSTARD GLAZED PORK CUTLETS



PREP
5 min



COOK
25-30 min

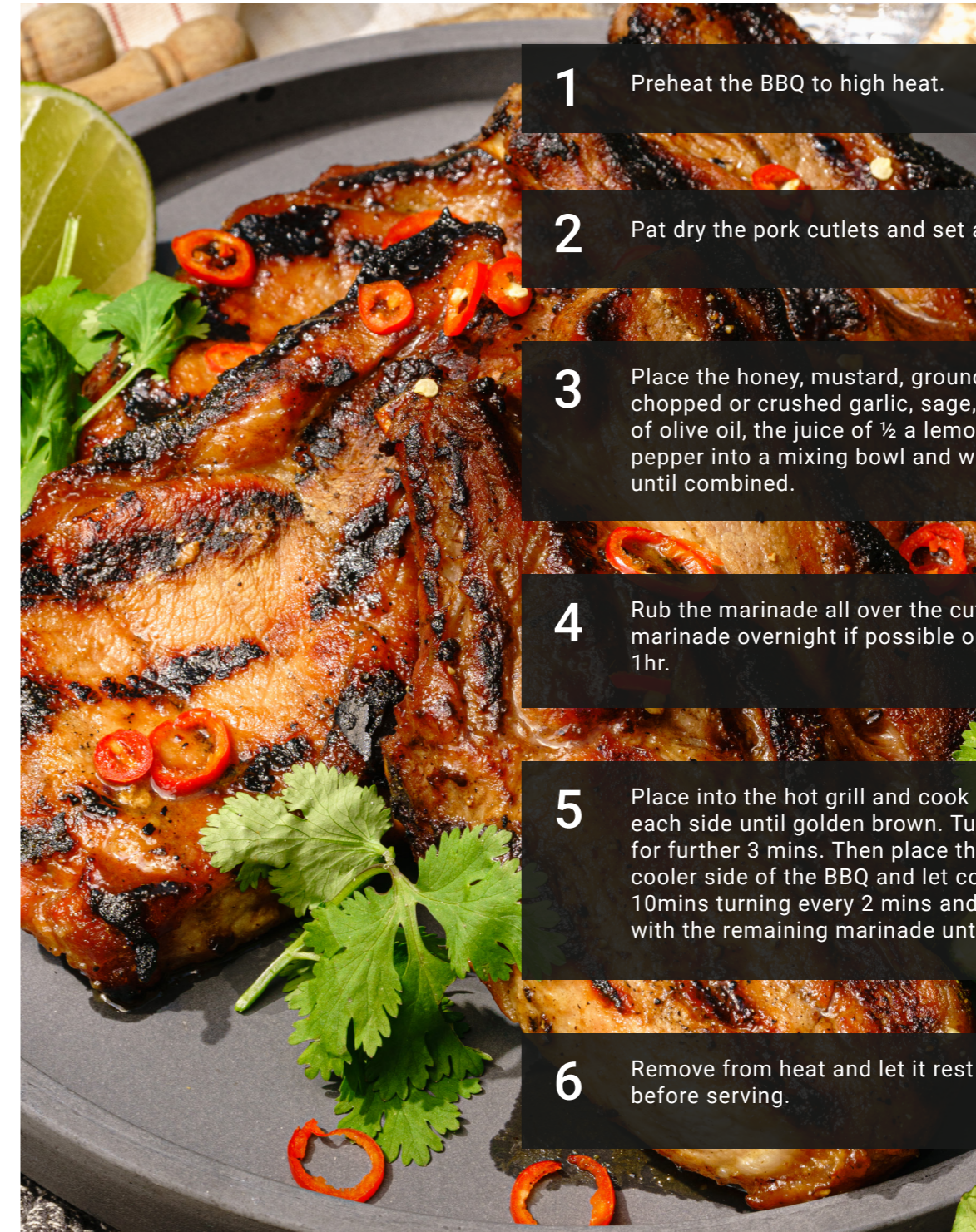


SERVES
4

INGREDIENTS:

- > 4 Pork Cutlets
- > 1 ½ Tbsp Honey
- > 1 Tbsp Dijon Mustard
- > 1 tsp Ground Fennel
- > 2 Garlic Cloves
- > ½ Tbsp Chopped Sage
- > ½ Tbsp Chopped Thyme
- > 1 Lemon
- > Salt and Pepper
- > Olive oil

METHOD - GET COOKING!



1 Preheat the BBQ to high heat.

2 Pat dry the pork cutlets and set aside.

3 Place the honey, mustard, ground fennel, chopped or crushed garlic, sage, thyme, 1 Tbsp of olive oil, the juice of ½ a lemon and salt and pepper into a mixing bowl and whisk together until combined.

4 Rub the marinade all over the cutlets and marinate overnight if possible or at least for 1hr.

5 Place into the hot grill and cook for 3mins on each side until golden brown. Turn and cook for further 3 mins. Then place the cutlets on a cooler side of the BBQ and let cook for further 10mins turning every 2 mins and brushing them with the remaining marinade until cooked.

6 Remove from heat and let it rest for 5-10 mins before serving.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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