

Sesame Crusted Pork with Ginger Mash

Servings: 4

Prep Time: 10min

Cook Time: 10min



Ingredients

- pork cutlets
- 125 ml sesame seeds
- 15 ml paprika
- cooking oil
- 800g sweet potato
- 30 ml ginger, crushed
- 45 g butter
- 15 ml honey
- milk (either full cream or low fat)
- 45 ml Fresh coriander, chopped

Directions

1. Combine the sesame seeds and paprika.
2. Press the pork cutlets into the sesame seeds, coating each side.
3. Heat oil in a frying pan and fry the chops for 2 – 3 minutes on each side or until cooked through, depending on thickness.
4. To make the mash: Place the sweet potato and ginger in a saucepan of water. Bring to the boil and cook for 10 -15 minutes or until potato is tender. Drain.
5. Mash the potato with butter, honey and a drop of milk.
6. Stir in the fresh coriander and serve with the chops.