



# Pork Chops with Chargrilled Vegetable Salad

SERVES 4

## INGREDIENTS

Olive oil spray  
4 x 120g pork cutlets/chops (females)  
4 x 220g pork cutlets/chops (males)  
1 red pepper, seeded  
1 green pepper, seeded  
1 large zucchini, sliced lengthways and halved  
6 large brown mushrooms, quartered  
1 tablespoon balsamic vinegar  
100g rocket leaves

## METHOD

1. Heat a grill plate and spray with olive oil. Cook pork cutlets for 3 minutes each side. Set aside.
2. Cook the vegetables on a heated, oiled grill plate for 2-5 minutes each side until tender and slightly charred. Combine in a large bowl with half the balsamic vinegar and rocket leaves. Toss to coat.
3. Serve pork cutlets with salad and a drizzle of the remaining balsamic vinegar.

