

Chipotle Pork Wraps with Apple Slaw

A very easy recipe but you will need to marinade the pork for at least an hour to get the best taste so keep this in mind when planning your meals. For the greatest flavour, marinade the pork in the chipotle sauce overnight. Please don't be tempted to buy readymade sauces as the taste is incomparable to a fresh homemade one and your homemade version is free of any additives and preservatives.



Serves 4

- 8 pork chops, bone out – fat removed. Go for top loin if you can get it.
- 8 Tortilla wraps
- 2 dried chipotle chillies, chopped as small as possible
- 1 dried red chilli, chopped as small as possible
- 1 clove garlic, crushed
- Juice of 1 lime
- 1 tsp cumin seeds
- 1 tsp paprika
- Sprinkling of rock salt and freshly ground black pepper
- 1 apple
- 2 carrots, grated or sliced very finely
- ¼ red cabbage, grated or sliced very finely
- ¼ white cabbage, grated or sliced very finely
- 2 sticks celery, sliced very finely
- 3 spring onions, sliced finely. Make sure you include the green stems too!
- Juice of ½ lemon
- Handful fresh coriander, chopped
- 1 tbsp. cider vinegar
- 2 tbsp. Greek Yogurt or crème fraîche
- Salad leaves to serve

Using a pestle and mortar if you have one, grind down the chillies, garlic, cumin and paprika along with the salt and pepper. If you don't have one, then place these into a bowl and grind them using the back of a rolling pin. Now add the lime juice and a little water to loosen the mixture – a couple of tablespoons of water will do the trick.

Coat the pork in the spices. Get your hands in there and make sure the pork is coated all over. Cover this and place into the fridge until you're ready for it.

To cook the pork – preheat a grill pan. Take out your pork and drizzle both sides with a little oil. Place the pork chops onto the griddle. You are going to need to cook each side for approx. 4 mins depending on how thick the pork is. If you don't have enough room in the pan to cook them all at once then keep some foil close by to wrap up the first batch to keep it warm while you cook the second batch.

This gives you some time to make your coleslaw. While the pork is cooking, grate the cabbage and carrots and slice up the apple, celery and spring onions. Has 4 minutes passed? Turn the pork over.

Place your cabbage, carrots, coriander, celery, apple, spring onions into a bowl. Add the yogurt, lemon juice and cider vinegar and mix thoroughly. Leave this to one side until you are ready for it.

Your pork should be cooked now but just slice it in half to make sure it is cooked through. It should NOT be pink in the centre. If you still have more pork to grill then be sure to keep the pork you've just cooked warm. Wrap it in foil.

When everything's cooked, you are ready to put it all together 😊

Take a wrap, add some salad leaves. Take a pork chop and slice it up. Add this to the wrap and then top with a spoonful of coleslaw.

The heat from the pork is cooled by the citrusy coleslaw and the flavours go really well together.