



# WHITE STAR

## PORK CHOPS WITH MAIZE HERB CRUST CREAMY MAIZE & ROASTED CARROTS

**Serves:** 4

**Preparation time:** 20 minutes

**Cooking time:** 40 minutes

**CATEGORY:** Mains



### Ingredients

#### Creamy Maize Meal:

- 600ml water
- 5ml salt
- 250ml White Star Super Maize Meal
- 250ml cream
- 30g butter

#### Roasted Baby Carrots:

- 15 baby carrots
- 20ml olive oil
- Salt & pepper

#### Pork Chops:

- 4 pork chops, approximately 1.5cm thick
- 40ml Dijon mustard
- 100g White Star Quick Maize Meal
- 15ml dried thyme & rosemary mix
- Salt & pepper
- 40ml canola oil

### Method

#### Creamy Maize Meal:

1. Bring the water and salt to a boil. Gently pour the maize meal in while whisking continuously. Turn the heat down and allow it to cook slowly for 20-30 minutes.
2. Once cooked, stir through the cream and butter and season to taste. Put aside.

**Roasted Baby Carrots:**

1. Preheat the oven to 190C.
2. Place the washed carrots on a baking tray. Drizzle with the olive oil and season with salt & pepper. Roast in the oven for 30 minutes, tossing half way.

**Pork Chops:**

1. Preheat the oven to 170C.
2. Trim the excess rind and fat off the pork chops.
3. Brush the Dijon mustard all over each chop. In a dish, mix together the White Star Quick Maize Meal, dried herbs and salt and pepper. Dip the mustard coated chops into the maize mix so it is evenly coated.
4. Heat the oil in a pan over a medium-high heat. Gently sear the pork chops on both sides until golden and then place on an oven tray.
5. Finish the chops in the oven for 8-10 minutes, until cooked through.