



# **Pork Loin Chops in Tomato Sauce**

**Serves 4**

## **Ingredients**

2 tablespoons olive oil, divided  
4 boneless pork loin chops, pounded thin  
1 large onion, sliced  
1/2 teaspoon sugar  
2 teaspoons chilli powder  
1/2 teaspoon fennel seeds, crushed  
1/2 teaspoon crushed chillies  
1 teaspoon dried oregano  
225g passata  
4 tablespoons water  
1 teaspoon Worcestershire sauce  
salt and pepper to taste

## **Method**

Heat the oil in a frying pan over high heat and quickly brown the pork chops on both sides. Transfer chops to plate and keep warm. Reduce frying pan heat to medium and cook the onion until tender.

Mix in the sugar, chilli powder, fennel seeds, crushed chillies and oregano. Stir in the passata, water and Worcestershire sauce; bring to the boil.

Return the pork chops to the frying pan. Cover, reduce heat to low and cook 10 minutes. Remove lid and continue cooking 15 minutes or to desired doneness.