

# Marmalade Pork

## INGREDIENTS:

1 tbsp olive oil  
2 garlic cloves, sliced  
4 pork steaks or medallions  
200ml hot strong flavoured chicken stock (or gluten-free alternative)  
1 tbsp fresh thyme  
4 tbsp chunky marmalade  
vegetables, to serve

## METHOD:

Heat the oil in a large frying pan and briefly cook the garlic, stirring with a wooden spoon, to start it softening. Add the pork to the pan in a single layer, season and cook for 6 mins each side, until golden and cooked through. Meanwhile, mix the stock with the thyme and marmalade. Remove the pork from the pan and set aside briefly to rest on a warm plate. Pour off any oil from the pan, then pour in the marmalade mixture and bubble to make a sauce. Return the pork to the pan, coat in the sauce and serve with quick-cooking vegetables like baby potatoes, spinach and peas.

*This recipe was written by Sara Buenfeld and found in the BBC Good Food Magazine, January 2014 and was Tried & Tested for us by Lorna Wilson and her friend Baslow Bear!*

