

Pork with Vichy Carrots



Serves 4 Prep 10 mins

Cooking 35 mins

Easy

Ingredients

For the Vichy carrots

150g caster sugar
250g butter
5 star anise
16 carrots, with tops on

For the pork

4 pork loin chops, about 1.5kg in total
2 tbsp olive oil
Sea salt & freshly ground black pepper

1. For the carrots, pour 1ltr of water into a large shallow pan, add the sugar, butter and star anise and bring to the boil.
2. Peel the carrots and trim the tops, leaving 5cm of green still attached. Finely chop 2tbsp of the carrot tops and reserve. Add the carrots to the pan and boil rapidly for 20 minutes until tender.
3. Meanwhile, season the chops with pepper only. Place a large non-stick frying pan over high heat and pour in the oil. When it is hot, add the chops and cook for 6-8 minutes, turning halfway through, until browned and cooked through. Remove from the heat, season with salt and leave to rest for 5 minutes.
4. To finish the carrots, stir the finely chopped carrot tops into the reduced cooking liquid in the pan before serving. Place four carrots on each plate, place a pork chop alongside, then spoon the sauce over.