



**Here we go again folks, it's recipe mangling time! We had a little Tomato based sauce left from Thursday nights Squid adventures and a couple of slices of Edam from a monster burger in the fridge. Initially I intended to buy a couple of Pork chops. But there was a bit of Loin on discount so I butchered it. Four very thick chops for less than a pound each?.**

### **Ingredients:-**

1 Thick Pork chop per person  
Bread crumbs (Gluten free in our case)  
A bag of Worcester Sauce crisps, smashed up (Just go with!)  
2 Eggs, beaten  
Plain Flour  
Tomato based sauce  
Cheese slices  
Mixed Herbs  
Oil to fry

### **Method:-**

- (1) Mix the Bread crumbs and crisps together in a bowl.
- (2) Coat the chops in Flour and then dunk in the beaten Egg.
- (3) Dredge in the crumb and crisp coating.
- (4) Fry the coated chops in both side over a medium heat until the coating is lightly browned.
- (5) Add a layer of Tomato based sauce and then the sliced Cheese.
- (6) Sprinkle with mixed Herbs and place under the grill.

(7) Grill until the Cheese has melted.

**For some strange reason Asparagus is really cheap at the moment so we had a bit of a treat, with Bacon wrapped Asparagus. Vine Tomatoes for a but of colour and some chunky chips. Sorted!**