

Barbecued sticky Chinese pork chops

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-chinese-pork-chops>

Ingredients:

- 4 pork chops
- 1 teaspoon five spice powder
- 1/2 teaspoon ground cinnamon
- 1 tablespoon hoisin sauce
- 2 tablespoons soy sauce each, brown sugar, honey
- 1 teaspoon dry sherry or Shaohsing rice wine
- 1 piece ginger grated
- 1 garlic clove crushed
- 2 teaspoons fish sauce
- 2 limes
- 2 teaspoons soft brown sugar
- 1 shallot thinly sliced
- 1 red chilli thinly sliced
- 1 cucumber halved lengthways, then sliced
- 1 bunch mint roughly chopped
- 5 9/16 tablespoons roasted peanuts chopped

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 75 milligrams
4. Fat: 13 grams
5. Fiber: 5 grams
6. Protein: 40 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1160 milligrams
9. Sugar: 8 grams

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