

CREAMY MASH SERVED WITH AIR-FRIED PORK CHOPS



Author:

Serving: 4 - 6

Cooking Time: 15 minutes

Prep Time: 10 minutes

INGREDIENTS

- **Creamy mash**

- 1kg potatoes, skin on and quartered
- Salt, to taste
- 300ml hot milk
- 60g butter, at room temperature
- 60ml (¼ cup) mageu
- 4 garlic cloves, crushed
- 15ml (1 tbsp) fresh parsley, chopped
- 8 pork chops
- 45ml (3 tbsp) olive oil
- Salt and pepper, to taste
- 10ml (2 tsp) ground paprika
- 10ml (2 tsp) garlic flakes
- 10ml (2 tsp) shisanyama seasoning
- 40g Instant gravy roast meat

INSTRUCTIONS

Tip: Be careful not to over mash or beat the potatoes or they will become gluey

1. For the mash, in plenty of boiling water, cook the potatoes until fork tender. Drain well
2. Place the potatoes back into the pot and add the salt, milk, butter, mageu and garlic. Mash with a potato masher until smooth, stir through the parsley
3. Pat dry the pork chops with paper towels and coat both sides with the oil. Combine the seasoning well together and coat both sides of the pork chops. Place in the basket of the air fryer and cook at 180° C for 9 minutes flipping over halfway through

4. Serve the pork chops with the potato mash and gravy