

# Coconut Ginger Pan-Fried Pork Chops

4 SERVINGS 20 MINUTES



## INGREDIENTS

- 1 1/4 lbs Pork Chop
- 1/2 tsp Sea Salt
- 1 tbsp Extra Virgin Olive Oil
- 1/4 Yellow Onion (very finely chopped)
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (fresh, minced)
- 1/4 cup Water
- 1 cup Organic Coconut Milk (full fat, canned)
- 1/4 cup Cilantro (chopped)
- 1 1/2 tsps Lime Juice

## NUTRITION

### AMOUNT PER SERVING

Calories	383	Cholesterol	97mg
Fat	27g	Sodium	389mg
Carbs	3g	Vitamin A	77IU
Fiber	0g	Vitamin C	1mg
Sugar	1g	Calcium	37mg
Protein	30g	Iron	1mg

## DIRECTIONS

- 01 Pat the pork chops dry with a paper towel and season both sides with the salt.
- 02 Heat the oil in a large skillet over medium-high heat. Add the pork chops to the pan and cook for 3 to 5 minutes per side or until cooked through. Transfer the cooked pork chops to a plate and cover to keep warm.
- 03 Reduce the heat to medium and add the onion, garlic and ginger to the same pan. Cook, stirring continuously, for about a minute until very fragrant. Add the water to the pan and scrape any brown bits away from the bottom of the pan. Stir in the coconut milk.
- 04 Bring the sauce to a gentle boil and let it simmer until the sauce has thickened, about 8 minutes. Remove the pan from the heat and stir in the cilantro and lime juice. Season the sauce with salt or additional lime juice if needed.
- 05 To serve, divide pork chops between plates and top generously with the coconut pan sauce. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is one pork chop (5 oz) and approximately 1/4 cup of the coconut ginger pan sauce.

### MORE FLAVOR

Stir red pepper flakes, fish sauce, coconut aminos or honey into the sauce.

### ADDITIONAL TOPPINGS

Garnish with additional cilantro.



NO EXTRA VIRGIN OLIVE OIL

Use coconut oil instead.

