

Coconut Ginger Pan-Fried Pork Chops

4 SERVINGS 20 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

| | | | |
|-----------|-----|-----------|------|
| Calories | 383 | Iron | 1mg |
| Fat | 27g | Vitamin D | 30IU |
| Carbs | 3g | Folate | 1µg |
| Fiber | 0g | Magnesium | 37mg |
| Protein | 30g | Zinc | 3mg |
| Vitamin C | 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

RECIPE ID 615

SERVING SIZE

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