

Coconut Ginger Pan-Fried Pork Chops

Susan Alsembach

Hello,

This is a simple, quick and easy meal to get ready which is just bursting with flavour. I love eating it with some whole grain rice and a nice mixed salad.

Enjoy,

Susan

Coconut Ginger Pan-Fried Pork Chops

10 ingredients · 20 minutes · 4 servings



Directions

1. Pat the pork chops dry with a paper towel and season both sides with the salt.
2. 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.
3. 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.
4. 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.
5. 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.

Ingredients

- 567 grams** 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