

Turmeric Pork Chops with Green Onion Rice

Ingredient List

- 4 (6-ox.) bone-in pork chops
- 1 large garlic clove, halved
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon kosher salt divided
- 1/2 teaspoon black pepper, divided
- 3 tablespoons olive oil, divided
- 1 tablespoon fish sauce
- 2 teaspoons oyster sauce
- 1 teaspoon tomato paste
- 1 bunch green onions
- 2 (8.8-oz) packages precooked brown rice (such as Uncle Ben's)
- 1/4 cup fresh cilantro leaves



Original Recipe found at:

<https://www.cookinglight.com/recipes/turmeric-pork-chops-green-onion-rice>

Instructions:

Step 1: Heat a grill pan over medium-high. Rub pork with cut sides of garlic; discard garlic. Sprinkle pork with turmeric, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Combine 2 tablespoons oil, fish sauce, oyster sauce, and tomato paste. Brush both sides of pork with half of oil mixture. Add pork to pan; grill 4 minutes on each side or until desired degree of doneness. Transfer to a plate; brush both sides of pork with remaining oil mixture. Keep warm.

Step 2: Add onions to grill pan over medium-high; grill 2 minutes. Coarsely chop onions

Step 3: Heat rice according to package directions. Combine green onions, rice, remaining 1 tablespoon oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Serve rice with pork. Sprinkle with cilantro; serve with lime wedges.

Nutrition Facts:

Calories 420, Fat 19g, Saturated Fat 3.2g, Monounsaturated Fat 9.6g, Polyunsaturated Fat 1.8g, Protein 28g, Carbohydrate 37g, Fiber 3g, Cholesterol 71mg, Iron 2 mg, Sodium 675mg, Calcium

