

# Center-Cut Pork Chops

*with Pan Sauce & Apple-Kohlrabi Slaw*

Kohlrabi, or “German turnip,” is a green vegetable related to broccoli and cabbage. The word “kohlrabi” is derived from the Austrian word “kohlrübe,” meaning “cabbage turnip.” To complement the flavor and texture of this crunchy vegetable, which reminds us of a cross between a white turnip and broccoli stems, we paired it with bright apple, tangy lime, and creamy sesame tahini.



## Ingredients

- 2 Boneless, Center-Cut Pork Chops
- 3 Scallions
- 3 Tablespoons Pistachios
- 1 Apple
- 1 Bunch Cilantro
- 1 Clove Garlic
- 1 Kohlrabi
- 1 Lime
- 2 Tablespoons Tahini

Makes 2 Servings  
About 525 Calories Per Serving

# Instructions



1

## Prepare your ingredients:

Wash and dry the fresh produce. Remove the pork chops from the refrigerator to bring to room temperature for about 10 minutes. (This will help them cook more evenly later on.) Thinly slice the scallions. Roughly chop the pistachios. Roughly chop the cilantro. Peel and mince the garlic, smashing it until it resembles a paste. With a knife, peel the kohlrabi and apple, then cut them into matchsticks before combining them in a bowl. Cut the lime into quarters.



2

## Start the slaw:

To the apple-kohlrabi mixture, stir in **the juice of the whole lime**, **tahini**, **scallions**, and **garlic paste** until combined. Season with salt and pepper to taste. Let stand at room temperature as you continue cooking.



3

## Toast the pistachios:

In a large dry pan, heat the **chopped pistachios** on medium-high to toast them for 1 to 2 minutes, or until fragrant and lightly golden, stirring frequently. (Keep an eye on these as they can burn quickly!) Transfer the toasted pistachios to a small bowl.



4

## Cook the pork chops:

Season the **pork chops** with salt and pepper. In the same pan used to toast the pistachios, heat a little olive oil on high until hot. Once hot, reduce the heat to medium-low and add the pork; cook 6 to 8 minutes per side, or until cooked through. To help the pork cook more evenly, loosely cover the pan with aluminum foil. Transfer the pork chops to a plate, leaving any drippings in the pan.



5

## Finish the slaw:

While the pork chops finish cooking, finish the slaw. To the apple-kohlrabi mixture, add the **toasted pistachios** and **all but a pinch of the cilantro** (reserve the rest for garnish). Toss until well combined and season with salt and pepper to taste.



6

## Make the pan sauce & plate your dish:

Heat the pan with the pork drippings on medium, then add **2 tablespoons of water**, using a wooden spoon to scrape up any bits stuck to the pan. Simmer the sauce 1 to 2 minutes, or until slightly reduced in volume. Stir in **half the remaining cilantro** and remove from the heat. Place each **pork chop** on a plate and serve with the **slaw**. Garnish with **the remaining cilantro**. Enjoy!