



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

MISO GARLIC CHOPS

Time: 20 minutes plus overnight marinating

Serves: 4

Ingredients:

¼ cup miso paste
4 cloves garlic – finely chopped or crushed
1/4 teaspoon ground white pepper
4 4-ounce center loin bone-in pork chops
1 tablespoon extra virgin olive oil

Preparation:

Mix the miso, garlic and pepper in a small bowl then spread the mixture on both sides of the chops. Seal the coated pork chops in a plastic bag, removing as much air as possible, then refrigerate overnight.

Preheat your oven to 400F. Preheat a heavy cast iron pan over medium high heat and add the olive oil.

Cook the chops for two minutes on each side to brown, then move the entire pan into the oven for ten minutes or until the internal temperature of the meat reaches 145F. Remove the pork from the pan and let rest for three minutes before serving.

Nutritional Information Per Serving:

Calories: 202g
Fat: 7g
Carbs: 5g
Fibre: 1g
Protein: 28g