

Pork Chops with Sunflower Shoot Salad

1. Rinse pork chops and pat them dry. Then sprinkle them with salt and pepper.
2. Heat a skillet and when it is hot place the pork chops in the skillet.
3. Pork needs to be cooked through. The internal temperature needs to get to 160 degrees.
4. Once you sear the pork chop, turn it over and sear the other side. I sear each side for 3 to 4 minutes on each side. You don't not want to overcook pork, but make sure it is cooked through.
5. Wash and dry the greens and sunflower shoots (both are from Dayton Valley Aquaponics).
6. Wash and dice the green onions. Wash and chop the broccoli into small pieces. Add them to the greens.
7. The salad is almost ready. But you need to take the nut/seed cubes and chop them into small pieces and add them to the greens.

Nut/seed cube ingredients: cashews, almonds, pumpkin seeds, cane sugar, rice syrup, sea salt, honey

8. Add the amount of dressing (container B) you like and toss everything together.

Dressing Ingredients: Olive Oil, Apple Cider Vinegar, Parsley, Sugar, Salt, Pepper, Hot sauce,

*This dressing is in my top 3 favorite dressings of all time. When I was attending college in Tulsa, I became super close with the Cook Family, and they are still dear friends of ours. Kathy, is like a second mom to me, and a lot of my recipes come from her. This is one of those. I think this dressing will become one of your top 3 too. 😊

9. Your meal is ready to plate!! Place the pork chop on a plate and serve it with a good amount of salad on the side.

** Please cook your shrimp meal FIRST this week because they need to be cooked within 2 days of receiving them.