

Alpine Ranch Berkshire Pork Chop and Warm Arugula Salad

Arugula Salad

In a sauce heat 1 tablespoon butter and 1 tablespoon olive oil.

Mince your garlic and chop ½ of your purple onion into small pieces.

*Save the other half of your purple onion for your fish tacos.

Add the onion to the sauce pan and cook for about 4 minutes on medium/high heat.

Add the minced garlic and cook for 1 minute.

Add the cauliflower rice and cook for 3 minutes. Then add the parmesan cheese.

Add a good amount of salt to taste. Start with ¼ teaspoon. You may need more because the cauliflower rice can be bland without it. Add pepper to taste.

You want the cauliflower rice to get some nice golden brown pieces to it.

This will take about 8 more minutes. Cook the rice for 4 minutes, then turn it and cook it for 4 more minutes. If it does not have brown pieces, cook it longer. 😊

Move all the cauliflower rice to one side of the pan. Add your pine nuts to the other side and toast them for about 2 minutes.

Then stir the pine nuts into the cauliflower rice and turn the pan down to low heat. This will keep the cauliflower rice warm while you cook your pork chops.

Pork Chop

Rice pork chops. Pat them dry.

Sprinkle with salt and pepper.

Add a little bit of oil to a skillet, I like to use grape seed or avocado because they can handle high heat.

Place the pork chops in the skillet and sear them on one side for 3 minutes. Turn then and sear them on the other side for 3 minutes.

You do not want to over cook them chops, but you do need to cook them through. This will take about another 3 to 5 minutes.

Plate

Wash arugula and put it on a plate. Top the arugula with the warm cauliflower rice. Drizzle olive oil over the top and sprinkle some fresh cracked pepper over the top too. Place your pork chop on top of the cauliflower rice and arugula.

I like to place the pork chop on top and eat this dish together. But you can put the arugula salad on the side of the pork chop if you prefer to keep your food items separate.

This is a light, Summer meal and super delicious. Enjoy!!