





# CAST IRON PORK CHOPS WITH CHARRED SALSA

 1 hour +  
(set out for 1-3 hours)  
 Serves 2

Meal Difficulty



## COOKING DIRECTIONS

- 1 Salt your pork chops generously 1 to 3 hours prior to cooking and allow them to come to room temperature. This is important for seasoning the meat from the inside out and creating a tender, juicy piece of pork.
- 2 Heat your grill to medium-high with the lid open and your cast iron skillet toward the hot side of your grill.
- 3 Once the skillet is hot, add 1 tablespoon of oil and allow it to get hot enough so that you can see ripples in the oil.
- 4 Meanwhile, in a large bowl add the bell peppers, onion, and jalapeño with 2 teaspoons of olive oil and a pinch of salt, toss to coat. Brush the pineapple with the remaining 1 tsp of oil. Add the vegetables, lime, and pineapple to the grill allowing them to slightly char on the outside and turning every minute or so. It should take about 5 minutes to cook the veggies and caramelize the pineapple. Once done, add back to the bowl and set aside.
- 5 Once the skillet is hot enough, add the pork chops. They should sizzle when they hit the skillet. It's important to not mess with them to allow a deep golden crust to form on the outside. Cook 4-5 minutes on the first side.
- 6 Flip the pork chop and cook for 3 minutes. Add the butter, and baste the pork chop for 1-2 minutes or until the internal temperature reaches between 140-145 degrees. The time will vary depending on how thick the chops are! Remove and let rest for 15 minutes.
- 7 Meanwhile, chop the cooked veggies into small bite-size pieces and dice the pineapple. Add them back to the bowl, squeeze the grilled lime over top, add the cilantro and a pinch of salt - toss to combine.
- 8 Top the pork chops with salsa and serve!

## INGREDIENTS

2 thick cut bone-in pork chops  
1 small pineapple, cut into rings  
3 small different colored bell peppers  
1 jalapeno  
1 red onion, halved  
1 lime, halved  
2 tbsp neutral oil, divided  
2 tbsp butter  
1/2 c cilantro chopped  
salt