

Boneless Pork Chops with Wild Rice Pilaf

The key advantages to preparing this meal in a single skillet include easier clean-up and a better integration of flavours by preparing the pork, aromatics, and rice in one pan. However, timing is an important consideration when preparing one-skillet meals that include rice or a wild rice blend. The final cook time will vary by type of rice, blend composition, brand, individual cooktop, and the addition of other ingredients.

The rice should be cooked through without being too hard or too mushy, so be sure to pay attention to the preparation instructions for the brand you are using and keep a close eye on it the first time you prepare this recipe.

Note: This recipe was developed and tested using **Organic Wild Rice Mix by Hatton Hill**

In addition, boneless pork chops have a tendency to get tough and chewy if overcooked. Bone-in pork chops are more forgiving, but they will require a little additional cook time. To avoid overcooking, return the seared boneless chops to the skillet just before the wild rice is ready to serve.

Tip: Allow the pork to rest at room temperature for 30 minutes prior to cooking. Then, check the internal temperature with an instant-read thermometer while cooking and adjust final cook time accordingly. (Remove from heat once the temperature reaches 60°C -140°F. The temperature will rise several degrees as the chops rest until it reaches the recommended safe temperature of 65°C).

Note: This is the thermometer that I personally use: **Habor Instant Read Meat Thermometer**

Prep time: 15 minutes

Cook time: 50-55 minutes

Serves: 4

Ingredients:

3 T. extra virgin olive oil, divided

4 6-oz. boneless pork chops

Sea salt and black pepper, to taste

$\frac{1}{2}$ medium red onion, finely chopped

2-3 cloves garlic, minced

1 large carrot, finely chopped

1 large stalk celery, finely chopped

1 c. wild rice blend

1 T. unsalted butter

$1\frac{3}{4}$ c. chick broth

2 T. fresh parsley, finely chopped

Directions:

1. Add half the olive oil to a large cast iron skillet set over medium-high heat. Swirl the skillet so the oil evenly coats the bottom.
2. Once the oil is shimmering, generously season the pork chops with salt and black pepper and add to the skillet. Sear until the chops are golden brown on the bottom and release easily from the skillet, approximately 4-5 minutes.
3. Flip the chops and repeat this process on the remaining side. Remove from heat and transfer the chops to a plate once they reach 60°C on an instant-read thermometer. Cover loosely with foil and set aside.
4. Decrease heat to medium and add remaining oil to the skillet. Add the red onion, garlic, carrots, and celery. Season with salt and black pepper, to taste, and stir to combine. Cook until the vegetables soften and develop some colour, approximately 4-5 minutes.
5. Add the wild rice and butter and stir to combine. Toast

the rice blend for 1-2 minutes, stirring continually.

6. Add the broth and deglaze the bottom of the skillet by lightly scraping up the browned bits with a spatula or wooden spoon. Bring liquid to a boil and then immediately reduce heat to low. Cover and simmer for 35 minutes, then check for doneness and adjust final cook time accordingly.
7. Once the rice is cooked through, remove the skillet from heat. Return the chops and the juices from the plate to the skillet and cover for 2-3 minutes to warm the chops up.
8. To serve, transfer the chops to individual serving plates. Stir in the fresh parsley and fluff the rice with a fork and serve on the side. Enjoy!