

Pan-seared pork chop, citrus gremolata sauce, Spring vegetables

Recipe for 4 persons



Description

Pork chop with bone Dew, garnish with parsley, lemon and orange zest, garlic, parmesan and pine nuts. Mixture of small new potatoes, carrots and asparagus cooked in English and found a white balsamic vinaigrette.

Note

Dare to cook your pork medium rare to obtain tenderness and juicyness.

Ingredients

For the pork chop with citrus gremolata sauce

- 4 Unit(s) Pork chop
- 0.50 Bunch(es) Parsley
- 1 Clove(s) Garlic
- 20 Gr Parmigiano reggiano
- 20 Gr Pine nuts
- 1 Unit(s) Orange
- 1 Unit(s) Lemon

- Salt and pepper
- Olive oil
- Vegetable oil

For the spring vegetables

- 300 Gr Baby potatoes
- 200 Gr Garden carrot
- 1 Bunch(es) Green asparagus
- 4 Unit(s) Green onion
- 15 Ml White balsamic vinegar

- Salt and pepper
- Olive oil
- Vegetable oil

Preparation

- Preparation time **45 mins**
- Preheat your **four** at **400 F°**

General preparation

Zest the lemon and orange. Finely chop the green onion. Cut the asparagus diagonally. Peel the carrots and cut them diagonally.

For the Spring vegetable preparation

In a bowl, combine balsamic vinegar, green onion and a drizzle of olive oil. Salt and pepper to taste and mix. Drop the baby potatoes in a large pot of salted water. Bring back to a boil and cook for 10-15 minutes until potatoes are tender but still relatively firm. Cut them in half. Precook your carrots and asparagus in plenty of salted water until al dente. Stop the cooking by immersing them in an ice bath. In a large skillet, drizzle with olive oil and warm up asparagus and carrots for 2 minutes. Add the potatoes and dressing.

Pan seared pork chop preparation

Season the pork chops with salt and pepper. Sear the chops on both sides in a hot pan with a drizzle of vegetable oil or sear them on the grill. Turn down the intensity and cook for a few more minutes to get a nice medium rare, or finish cooking in the oven 8 to 10 minutes.

Gremolata preparation

Brown the pine nuts in a dry frying pan. In the bowl of a food processor, combine parsley, pine nuts, parmesan, garlic, zest of citrus and a dash of lemon juice. Chop finely. Add a dash of olive oil and mix everything. Season with salt and pepper to taste.

To serve

Place a small amount of Spring of vegetables on each plate. Place a pork chop on top and garnish with a little bit of gremolata sauce.

Bon appétit!