

## Pan-Seared Pork Chops with Charred Pineapple

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Total Time: 20 minutes

Servings: 4

### Ingredients

¼ cup soy sauce

1 tablespoon white vinegar

1 teaspoon toasted sesame oil

2 garlic cloves, thinly sliced

1 hot green or red chile, thinly sliced, or ½ teaspoon ground cayenne

Granulated sugar

6 thin (½-inch) boneless pork chops (about 1 ½ pounds total), patted dry

Salt

2 tablespoons neutral oil (such as grapeseed)

3 cups of 1 ½-inch pineapple pieces (from ½ a pineapple)

Handful of cilantro leaves and stems, coarsely chopped, for garnish

### Preparation

1. In a liquid measuring cup or small bowl, stir together the soy sauce, vinegar, sesame oil, garlic, chile and a pinch of sugar; set aside. Season the pork chops all over with salt and 1 teaspoon sugar.
2. Heat the oil in a large cast-iron skillet over medium-high. Add the pork and cook until browned underneath, 3 to 4 minutes. Press the meat with your tongs or spatula so it doesn't buckle. Flip and cook until just cooked through, 1 to 2 minutes. Turn off the heat, transfer the pork to a lipped plate or platter and pour over the soy sauce dressing.
3. Set the skillet over medium and cook the pineapple, undisturbed, until golden and charred underneath but not soft or cooked through, 2 to 3 minutes. Nestle the pineapple in the dressing among the pork chops. Eat right away or let sit for up to 15 minutes. Serve the pork and pineapple with a spoonful of the dressing and the cilantro on top.