

## Soy and Sesame Grilled Pork Chops

With Asian Veggie Orzo and a Sweet Mango Chili Sauce

April 2014 by Camine Pappas

Prep time 20, cook 20

### INGREDIENTS:

4 boneless pork loin chops, about ½ inch thick

3 t sesame oil divided

1 T olive oil

1/8 C soy sauce

Salt and pepper

2 C cooked orzo pasta

3 T fresh cilantro, finely chopped

1 T fresh mint, finely chopped

1/8 t ground ginger (fresh will also work)

1/8 t ground coriander

2 T butter

4 medium carrots diced

½ small onion sliced very thin

8 small shitake mushrooms, stems removed and diced

Bottled brand of Mango Habanero Sauce

2 T brown sugar



### DIRECTIONS:

Marinate pork chops in soy sauce and 2 t sesame oil for an hour. While your head grill master is outside grilling your pork chops to the perfect color, get water boiling and cook orzo to al dente and sauté veggies and complete the pasta dish:

In a sauté pan, add olive oil and heat then add onions, carrots and mushrooms and cook until the onions are almost caramelized, about 5 minutes. Add 1 T butter, the coriander and ginger, and salt and pepper. Add drained orzo, toss and add the 1 t sesame oil. Then add the fresh herbs. Stir and keep warm. In a small glass bowl add mango sauce and brown sugar and heat in microwave until warm.

Plate meal. Serve with your choice of sides and friends!