



Grilled Pork Chops with Peaches and Arugula Salad

Prep time: 10 min | Cook time: 15 min | Total Time: 30 min | Servings: 2

Ingredients

- 2 thick cut, bone in pork chops
- 2 peaches, cut in half and pitted
- 5 oz of baby arugula
- Feta cheese crumbles
- Pine nuts, raw and unsalted
- Salt and pepper to season pork chops
- Olive oil to brush pork chops and peaches

Balsamic Vinaigrette:

- 1/4 cup balsamic vinegar
- 1/2 cup olive oil
- 2 tsp Dijon mustard
- 1/2 tsp dried thyme
- 1/8 tsp garlic powder
- 1/4 tsp salt

Equipment

- Grill
- Leave-in probe thermometer.

Directions

1. Start by taking your chops out of the fridge so they can come to room temperature. Next, mix up the vinaigrette. Place all vinaigrette ingredients in a jar or bowl and whisk or shake to combine. Set aside. You won't need all of the dressing for your salad, you can use the remaining to drizzle over the chops or use as a dipping sauce.

2. Start the grill with all sections on high heat.



3. Cut the peaches in half and remove the pit. I like to use a spoon to remove any hard parts of the peach that were around the pit. Then brush the peaches on both sides with olive oil.
4. Dry your pork chops. Season well with salt and pepper on both sides then brush both sides with olive oil.
5. When the grill reaches 475 degrees F, put the chops on one side of the grill. Turn the other side of the grill down to medium heat. Leave the chops undisturbed to sear on the first side for three minutes.
6. Flip your chops to sear over high heat on the other side for three minutes and add your peaches cut side down to the side of the grill that is set to medium heat. Let the peaches cook for about 5 minutes before flipping.
7. Flip the chops again, moving them to the medium heat side of the grill and inserting the meat thermometer. Let them continue to cook until the thermometer reads 140 degrees F, flipping one more time. Then remove promptly to a plate and allow to rest for 5 minutes.
8. Meanwhile, flip the peaches and cook on the other side for another 5 minutes. Peaches are ready when they have nice grill marks and they are soft enough to slice through easily.
9. While the meat is resting, add the arugula to a bowl and add your desired amount of the dressing. Toss the salad with desired amounts of feta cheese crumbles and pine nuts.
10. Plate the salad and add the grilled peaches and chops. Sprinkle additional feta and pine nuts if desired. Enjoy!