

Scallion Rice w/ Pork Chop & Garden Peas



Ingredients

- 1 Pork Chops (4 oz)
- 50g White Rice
- 50g Garden Peas
- Scallions
- 1 tbsp oregano
- 1 tps black pepper
- 1 tpbs paprika
- 1 lime
- 1tbsp himalayan pink salt
- 2 tbps olive oil

Scallion Rice w/ Pork Chop & Garden Peas

1. Be ready. Mix spices, chop all ingredients and have them handy to simply add when it's time.
2. Start by seasoning your pork chops with oregano, paprika, black pepper and lime. Leave seasoning for up to 1 hour prior to cooking if you would like.
3. Then, begin weighing your white rice. For example, if you want 5 servings you will take 50g per serving and times it by 5 servings. A total of 250g of rice is what you'll need.
4. Rinse rice thoroughly, then prepare your water. An easy trick to cooking your rice right is using double in grams or ounces of rice in water. For example, 250g of rice will need 500g of water.
5. Use pot for rice, add 1 tbps of olive and hint of salt, sauté rice and then add water. Bring to boil before reducing heat to low until rice is fully cooked.
6. On the last 3 minutes, add chopped scallions and mix well.
7. While your rice is cooking, use skillet and add 1 tbps of olive oil and begin to cook your pork chops. Once cooked to your preference, remove and let garden peas cook with low heat using the same skillet to absorb the aroma from chops.