



# Dukkah-Spiced Porkchops

This is just a plain delicious dish, and the vegetables compliment it perfectly. The crisp, fresh notes of the wine and vegetables is a great counterpoint to the deep and earthy notes that the pork carries. Sit back, relax, and enjoy your meal!

## Recipes

- 2 boneless pork chops (6 oz. each)
- 1/2 cup pumpkin seeds (raw)
- 1/4 cup sunflower seeds (raw)
- 1 tsp. fennel seeds
- 1/4 tsp. garlic powder
- 1/4 tsp. sea salt
- 1/4 tsp. black pepper
- 1/8 tsp. smoked paprika
- 1 Tbsp. extra-virgin olive oil (for pork chops)
- 1/4 cup chopped parsley
- 1/2 cup yogurt
- 1 cup cucumbers (thinly sliced)
- extra-virgin olive oil (for serving)

## Steps:

1. Preheat the oven to 400°F.
2. Allow the pork chops to come to room temperature, about 30 minutes.
3. In a saute pan over medium-low heat, toast the pumpkin, sunflower, and fennel seeds, stirring occasionally,
4. To make the dukkah spice blend, combine the toasted seeds with the garlic powder, salt, pepper, and smoked paprika
5. Using your hands, rub all sides of the pork chops with the olive oil, followed by the dukkah spice blend.
6. Bake on middle rack of oven until the pork has reached an internal temperature of 145°F, about 15 minutes.
7. Check to see that pork is done. Remove from oven or add time as needed.
8. Place pork slices on a platter and sprinkle with the parsley and black pepper. Put the cucumbers and yogurt in separate bowls. Serve alongside the pork, with olive oil for drizzling.