



Cumin-Crusted 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

- 1 ½ pounds pork chops
- ¼ cup golden flaxseed
- 3 tablespoons coconut oil
- 2 teaspoons cumin
- 1 teaspoon coriander
- 1 teaspoon cardamom
- Salt and pepper to taste

Steps:

1. Season both sides of pork chops with salt and pepper. Then, mix together 1/4 Cup **Golden Flaxseed**, 2 tsp. Cumin, 1 tsp. Coriander, and 1 tsp. Cardamom.
2. Dip the pork chops into the crust mixture, making sure to coat every side of the chops
3. Heat 3 Tbsp. Coconut Oil in a cast iron skillet on medium-high heat. Once the oil is hot, add your pork chops to the pan.
4. Flip pork chops over and reduce heat to medium-low. Continue cooking until pork chops reach an internal temperature of 145F.
5. Serve chops with vegetables and extra fat from the pan!