

Sesame Pork Milanese



Recipe courtesy of Food Network Kitchen

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Level: Easy

Total: 30 min

Active: 30 min

Yield: 4 servings

Ingredients:

- 4 boneless pork chops (about 6 ounces each)
- Kosher salt and freshly ground pepper
- 1/4 cup all-purpose flour
- 2 large eggs
- 2 teaspoons toasted sesame oil
- 1 3/4 cups panko
- 2 teaspoons vegetable oil, plus more for frying
- 2 tablespoons rice vinegar
- 4 teaspoons white miso paste
- 1 5-ounce package mixed baby spinach and arugula
- 3 carrots, grated
- 1 cup assorted cherry tomatoes, halved

Directions:

- 1** Pound the pork chops with a meat mallet or heavy skillet until about 1/4 inch thick; season with salt and pepper. Put the flour in a shallow baking dish. Whisk the eggs, 1/2 teaspoon sesame oil and a pinch each of salt and pepper in a second dish. Put the panko in a third dish. Working with 1 chop at a time, coat in the flour and then dip in the egg, shaking off any excess; firmly press both sides in the panko.
- 2** Heat about 1/2 cup vegetable oil in a large nonstick skillet over medium-high heat until very hot (a breadcrumb should instantly sizzle in the oil). Working in batches, fry the chops, turning once, until browned and cooked through, 4 to 5 minutes. Transfer to a paper towel-lined plate to drain; season with salt. (Add more oil to the skillet between batches if needed to maintain a thin layer.)
- 3** While the chops cook, whisk the vinegar, miso, 2 teaspoons vegetable oil and the remaining 1 1/2 teaspoons sesame oil in a large bowl until smooth. Add the greens, carrots and tomatoes and toss; season with salt and pepper. Serve with the pork chops.



Photograph by Ralph Smith