

Paprika Pork Chops with Sautéed Bell Pepper, Mango & Red Onion



35 minutes | 2 servings

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Grab ingredients

1	green bell pepper
1	mango
2	pork chops, bone-in
½ medium	red onion
	black pepper
	paprika
	salt
	virgin coconut oil

Cook & enjoy

- 1 Wash and dry the fresh produce.
1 green bell pepper
1 mango
- 2 Quarter the bell pepper lengthwise; remove and discard the stem, seeds, and membranes. Slice the quarters crosswise into small strips and transfer to a medium bowl.
- 3 Trim off and discard the ends of the onion and remove the outer layer; cut lengthwise into thin wedges. Add to the bowl with the bell pepper.
½ medium red onion
- 4 Preheat a skillet over medium-high heat.
- 5 While the skillet heats up, pat the pork chops dry with paper towels and place on a plate; season with paprika, salt, and pepper on both sides.
2 pork chops, bone-in
1 tsp paprika
½ tsp salt
¼ tsp black pepper
- 6 Once the skillet is hot, add coconut oil and swirl to coat the bottom.
½ tbsp virgin coconut oil
- 7 Place the pork chops in the skillet and sear until they develop a nice crust, 2 to 3 minutes per side. Then, reduce the heat to medium and cook the chops, flipping occasionally, until they are cooked through (test using a thermometer or cut into a chop with a knife), another 3 to 5 minutes. Once done, transfer the pork to a plate.
- 8 While the pork chops cook, peel the mango, then slice off the flesh from the pit, starting with the flatter sides; discard the pit and large dice the flesh (cut into ¾-inch cubes).
- 9 Once the pork chops have been transferred, add more coconut oil to the skillet.
½ tbsp virgin coconut oil
- 10 Add the bell pepper and onion to the skillet; season with salt and pepper. Cook, stirring frequently, until the vegetables are just tender, 2 to 3 minutes.
¼ tsp salt
⅓ tsp black pepper

- 11 Add the mango to the skillet; stir to combine and continue cooking for an additional 1 to 2 minutes.
Remove from the heat.
- 12 To serve, divide the pork chops and sauté between plates. Enjoy!