

Pork Chops with Pears & Blue Cheese

35 minutes | 2 servings



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Grab ingredients

4 fl oz	chicken or vegetable broth
½ (4 oz) pkg	crumbled blue cheese
2	pears
2	pork chops, boneless
1 medium	red onion
	black pepper
	salt
	virgin coconut oil

Cook & enjoy

- 1 Wash and dry the fresh produce.
2 pears
- 2 Quarter the pears lengthwise, then cut out the core and stem from each section; cut each quarter lengthwise into 4 thin wedges.
- 3 Trim off and discard the ends of the onion and remove the outer layer; halve lengthwise, then cut the halves into 4 wedges.
1 medium red onion
- 4 Preheat a skillet over medium-high heat.
- 5 Halve the pork chops horizontally to form thin fillets; pat dry with paper towels and place on a plate. Season generously with salt and pepper on both sides.
2 pork chops, boneless
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 fillets in the skillet; cook until golden brown, 3 to 4 minutes per side. Once done, transfer to a plate.
- 8 Once the pork has been transferred, reduce the heat to medium. Add the pears and onions to the skillet; cook, stirring frequently, until they are softened and lightly browned, 4 to 6 minutes.
- 9 Add broth to the skillet and scrape up any browned bits from the bottom.
4 fl oz (½ cup) chicken or vegetable broth
- 10 Return the pork fillets to the skillet and arrange among the pears and onions.
- 11 Top the mixture with blue cheese and continue to cook until the pork is cooked through and the cheese begins to melt.
½ (4 oz) pkg crumbled blue cheese
- 12 To serve, divide the pork and pear mixture between plates and spoon the pan sauce overtop. Enjoy!