

Sesame Pork Milanese

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Servings: 4

4 8-ounce boneless pork chops
Kosher salt
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
2 tablespoons rice vinegar
4 teaspoons white miso paste
1 Package (5 Ounce) mixed baby spinach and arugula
3 carrots, grated
1 cup assorted cherry tomatoes, halved

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. In a second dish, whisk the eggs, 1/2 teaspoon of sesame oil, a pinch of salt and a pinch of pepper. Put the panko in a third dish. Working with one 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.

In a large nonstick skillet over medium-high heat, heat about 1/2 cup of vegetable oil 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.)

While the chops cook, whisk the vinegar, miso, two teaspoons of vegetable oil and the remaining 1-1/2 teaspoons of sesame oil in a large bowl until smooth. Add the greens, carrots and tomatoes. Toss. Season with salt and pepper. Serve with the pork chops.

Per Serving (excluding unknown items): 206 Calories; 6g Fat (25.3% calories from fat); 8g Protein; 30g Carbohydrate; 3g Dietary Fiber; 106mg Cholesterol; 128mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1 Fat; 0 Other Carbohydrates.