

# Eat Happy Kitchen

## Anna Vocino

### **PAN FRIED PORK CHOPS WITH DILL CREAM SAUCE**

(Serves 2-3)

1 pound boneless pork chops, pounded to 1/2" thickness (or use thin cut pork chops)

Salt and pepper

1 egg

1 tablespoon heavy cream

1 cup almond flour

3 teaspoons arrowroot powder, divided

Olive oil for pan frying

1 cup chicken broth

1/2 cup sour cream

1 teaspoon The Dill Ranch Seasoning (or use 1 tablespoon minced fresh dill plus 1/2 teaspoon salt)

Season pork chops with salt and pepper. In a shallow bowl, beat egg and heavy cream. In another shallow bowl, whisk together almond flour, 1 teaspoon of the arrowroot powder, 1 teaspoon salt, and 1/2 teaspoon pepper. Dredge each pork chop in egg wash and then directly into the almond flour mixture, until fully coated. In a large, flat bottomed sauté pan, heat 1/4" thick layer of olive oil to medium heat. Do a sizzle test to drop a pinch of the almond flour mixture into pan, and if it sizzles, you are ready to fry the pork chops. Fry pork chops 4-6 minutes per side, gently flipping once to keep almond flour coating in tact. Delicately remove pork chops from heat when cooked through, let drain on a paper towel lined plate. Remove pan from heat. Using a paper towel, wipe out some of the excess olive oil out of the pan, leaving a coating of oil and remaining bits from the pork chops. Add chicken broth, turn heat up to medium high heat to bring to a

boil. In a mixing bowl, whisk together sour cream, remaining 2 teaspoons of arrowroot, and the The Dill Ranch Seasoning. Pour into low bowling chicken broth and whisk until it thickens, about 4-5 minutes. Pour dill cream sauce over pork chops and serve immediately.